

2009

**Montana
Youth Risk
Behavior
Survey
High School Results**



MONTANA OFFICE OF PUBLIC INSTRUCTION ~ DENISE JUNEAU, SUPERINTENDENT

ACKNOWLEDGMENT

The 2009 Youth Risk Behavior Survey (YRBS) report is a continuation of the surveillance and reporting system for adolescent risk behaviors developed by the Division of Adolescent and School Health, National Center for Chronic Disease Prevention and Health Promotion, U.S. Centers for Disease Control and Prevention (CDC). The YRBS was first used in Montana in 1991. Superintendent Denise Juneau and the Montana Office of Public Instruction acknowledge the participation, support and cooperation of those persons who made the 2009 Montana Youth Risk Behavior Survey possible. Sincere appreciation is expressed to:

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- the co-sponsors of the YRBS – the Montana Board of Crime Control, the Montana Department of Public Health and Human Services, the Billings Area Indian Health Service, the Montana Department of Transportation, Healthy Mothers, Healthy Babies Montana;
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- the Montana students who participated in the survey.

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INTRODUCTION

The Youth Risk Behavior Survey (YRBS) is an epidemiologic surveillance system that was established by the U.S. Centers for Disease Control and Prevention (CDC) to help monitor the prevalence of behaviors that not only influence youth health, but also put youth at risk for the most significant health and social problems that can occur during adolescence and adulthood.

In the United States, 72 percent of all deaths among youth and young adults aged 10-24 years results from four causes: motor-vehicle crashes (30%), other unintentional injuries (15%), homicide (15%), and suicide (12%). Substantial morbidity and social problems also result from the approximately 757,000 pregnancies among women aged 15-19 years, the estimated 9.1 million cases of sexually transmitted diseases (STDs) among persons aged 15-24 years that occur annually. Among adults aged ≥ 25 years, 59 percent of all deaths in the United States result from cardiovascular disease (36%) and cancer (23%). These leading causes of morbidity and mortality among youth and adults in the United States are related to six categories of priority health-risk behaviors: behaviors that contribute to unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and STDs, including HIV infection; unhealthy dietary behaviors; and physical inactivity. These behaviors frequently are interrelated and are established during childhood and adolescence and extend into adulthood.

To monitor priority health-risk behaviors in each of these six categories and obesity and asthma among youth and young adults, CDC developed the YRBS. The YRBS has been conducted biennially since 1991 in Montana.

The purpose of the YRBS is to assist educators and health professionals in determining the prevalence of the aforementioned health-risk behaviors among youth. This report describes the results of the survey and the methods used to conduct the survey. The results will be used to focus the continuing development of statewide comprehensive health education and to reduce those health behaviors that place Montana youth at risk.

Survey results are presented in the following parts:

- Introduction
- Graphs
- Frequency Distributions
- Trend Report (1993 - 2009)
- Other Frequency Distributions and Trend Reports

SURVEY METHODS

DESCRIPTION OF YRBS

The YRBS was developed cooperatively by the CDC, 19 other federal agencies, and state and local departments of education to measure the extent to which adolescents engage in health-risk behaviors. The 2009 survey instrument consisted of 91 questions which assessed the six priority health-risk behaviors which result in the greatest amount of morbidity, mortality, and social problems among youth. These behaviors include behaviors that result in unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and STDs, including HIV infection; unhealthy dietary behaviors and physical inactivity.

SAMPLE SELECTION PROCESS

All public schools in Montana with students in grades 9 through 12 were eligible to be selected for inclusion in the sample. Forty-five schools were randomly selected with probability proportional to enrollment. Forty-three schools elected to participate in the random sample and 82 percent of the students in randomly selected classes in these schools volunteered to participate in the survey. A total of 1,852 high school students participated in the 2009 Montana YRBS. The weighted results presented in this report are based on the behavior and opinion of the participants in the sample; however, the results can be used to make inferences concerning the priority health-risk behaviors of all high school students in Montana.

Superintendents of school districts were contacted during October 2008 to obtain approval to administer the YRBS. Sufficient time was allowed to gain school board and/or parent approval, and to answer any questions about the survey. Each participating school submitted a list of second-period classes and a random set of these classes was selected and surveyed. In smaller schools, a census of students was provided. Survey coordinators for each school were assigned by school administrators and packets of information, including instructions, survey booklets, and answer sheets, were mailed to each school during February 2009. Surveys were administered during second period classes during the last week of February and returned to the Office of Public Instruction (OPI) for processing within one week of survey administration.

The teachers who administered the survey to students were provided detailed written instructions to ensure uniform survey administration across sites. To encourage accurate responses to sensitive questions, a strict protocol was implemented to **protect the privacy and confidentiality of all participating students**. Participation in the survey was voluntary. Students could decline to participate, turn in blank or incomplete survey

forms, or stop completing the survey at any time. The protocols used in the YRBS ensure that participating schools are not violating any federal laws protecting students' rights and privacy, including the Protection of Pupil Rights Amendment and the Family Educational Rights and Privacy Act (FERPA).

SURVEY VALIDITY AND LIMITATIONS

A weighting procedure was performed to reduce bias by compensating for differing patterns of nonresponsive at the school and student levels and to reflect the likelihood of sampling each student. The weighted results contained in this report can be used to make inferences about the priority health-risk behaviors of all high school students in grades 9 through 12 in all schools in Montana.

The approximate error rate, using a normal approximation, is plus-or-minus 5 percent. However, users should be careful when using the data since respondents in self-reported surveys may have a tendency to underreport behaviors that are socially undesirable, unhealthy, or illegal (alcohol consumption, drug use, seat belt nonusage, etc.) and overreport behaviors that are socially desirable (amount of exercise, etc.).

2009
YOUTH RISK BEHAVIOR SURVEY
MONTANA HIGH SCHOOL



FREQUENCY DISTRIBUTIONS

2009 MONTANA YOUTH RISK BEHAVIOR SURVEY HIGH SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

The following frequency distributions are based upon surveys completed by 1,852 high school students in public high schools in Montana during February 2009. Frequency distributions may not total 1,852 due to nonresponse and percents may not total 100 percent due to rounding.

Q-1 How old are you?

	<u>Percent</u>
A. 15 years or younger	33.1%
B. 16 or 17 years old	50.5%
C. 18 years old or older	16.3%

Q-2 What is your sex?

	<u>Percent</u>
A. Female	48.4%
B. Male	51.6%

Q-3 In what grade are you?

	<u>Percent</u>
A. 9 th grade	26.7%
B. 10 th grade	25.1%
C. 11 th grade	24.3%
D. 12 th grade	23.6%
E. Other	0.4%

Q-4 Are you Hispanic or Latino?

	<u>Percent</u>
A. Yes	2.2%
B. No	97.8%

Q-5 What is your race?

	<u>Percent</u>
A. Black	0.3%
B. Hispanic/Latino	2.2%
C. White	85.5%
D. All other races	10.7%
E. Multiple races	1.3%

Q-6 How tall are you without your shoes on?

Q-7 How much do you weigh without your shoes on?

The next 5 questions ask about safety.

Q-8 When you rode a bicycle during the past 12 months, how often did you wear a helmet?

	<u>Percent</u>
A. I did not ride a bicycle during the past 12 months	27.1%
B. Never wore a helmet	53.7%
C. Rarely wore a helmet	6.6%
D. Sometimes wore a helmet	4.4%
E. Most of the time wore a helmet	4.6%
F. Always wore a helmet	3.5%

Q-9 How often do you wear a seat belt when riding in a car driven by someone else?

	<u>Percent</u>
A. Never	3.5%
B. Rarely	9.6%
C. Sometimes	17.2%
D. Most of the time	28.7%
E. Always	41.0%

Q-10 How often do you wear a seat belt when driving a car?

	<u>Percent</u>
A. I do not drive a car	19.9%
B. Never	4.1%
C. Rarely	9.8%
D. Sometimes	7.4%
E. Most of the time	14.4%
F. Always	44.4%

Q-11 During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?

	<u>Percent</u>
A. 0 times	71.2%
B. 1 time	9.8%
C. 2 or 3 times	12.1%
D. 4 or 5 times	2.0%
E. 6 or more times	5.0%

Q-12 During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?

	<u>Percent</u>
A. 0 times	86.5%
B. 1 time	6.3%
C. 2 or 3 times	3.7%
D. 4 or 5 times	1.7%
E. 6 or more times	1.8%

The next 10 questions ask about violence-related behaviors.

Q-13 During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?

	<u>Percent</u>
A. 0 days	77.0%
B. 1 day	4.0%
C. 2 or 3 days	5.5%
D. 4 or 5 days	2.2%
E. 6 or more days	11.3%

Q-14 During the past 30 days, on how many days did you carry a gun?

	<u>Percent</u>
A. 0 days	90.8%
B. 1 day	2.6%
C. 2 or 3 days	2.2%
D. 4 or 5 days	1.5%
E. 6 or more days	3.0%

Q-15 During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?

	<u>Percent</u>
A. 0 days	92.1%
B. 1 day	1.8%
C. 2 or 3 days	0.9%
D. 4 or 5 days	0.4%
E. 6 or more days	4.8%

Q-16 During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

	<u>Percent</u>
A. 0 days	94.8%
B. 1 day	3.4%
C. 2 or 3 days	1.2%
D. 4 or 5 days	0.0%
E. 6 or more days	0.6%

Q-17 During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?

	<u>Percent</u>
A. 0 times	92.6%
B. 1 time	4.1%
C. 2 or 3 times	1.3%
D. 4 or 5 times	0.4%
E. 6 or 7 times	0.3%
F. 8 or 9 times	0.0%
G. 10 or 11 times	0.1%
H. 12 or more times	1.2%

Q-18 During the past 12 months, how many times were you in a physical fight?

	<u>Percent</u>
A. 0 times	68.3%
B. 1 time	14.7%
C. 2 or 3 times	9.8%
D. 4 or 5 times	2.8%
E. 6 or 7 times	1.1%
F. 8 or 9 times	0.6%
G. 10 or 11 times	0.0%
H. 12 or more times	2.5%

Q-19 During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?

	<u>Percent</u>
A. 0 times	95.1%
B. 1 time	3.8%
C. 2 or 3 times	0.8%
D. 4 or 5 times	0.0%
E. 6 or more times	0.3%

Q-20 During the past 12 months, how many times were you in a physical fight on school property?

	<u>Percent</u>
A. 0 times	89.2%
B. 1 time	7.7%
C. 2 or 3 times	1.7%
D. 4 or 5 times	0.4%
E. 6 or 7 times	0.2%
F. 8 or 9 times	0.3%
G. 10 or 11 times	0.1%
H. 12 or more times	0.5%

Q-21 During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?

	<u>Percent</u>
A. Yes	9.6%
B. No	90.4%

Q-22 During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?

	<u>Percent</u>
A. Yes	9.2%
B. No	90.8%

The next two questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.

Q-23 During the past 12 months, have you ever been bullied on school property?

	<u>Percent</u>
A. Yes	23.1%
B. No	76.9%

Q-24 During the past 12 months, have you ever been electronically bullied, such as through e-mail, chat rooms, instant messaging, Web sites, or text messaging?

	<u>Percent</u>
A. Yes	17.9%
B. No	82.1%

The next 5 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

Q-25 During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

	<u>Percent</u>
A. Yes	27.3%
B. No	72.7%

Q-26 During the past 12 months, did you ever seriously consider attempting suicide?

	<u>Percent</u>
A. Yes	17.4%
B. No	82.6%

Q-27 During the past 12 months, did you make a plan about how you would attempt suicide?

	<u>Percent</u>
A. Yes	13.4%
B. No	86.6%

Q-28 During the past 12 months, how many times did you actually attempt suicide?

	<u>Percent</u>
A. 0 times	92.3%
B. 1 time	4.4%
C. 2 or 3 times	1.9%
D. 4 or 5 times	0.4%
E. 6 or more times	1.0%

Q-29 If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

	<u>Percent</u>
A. I did not attempt suicide during the past 12 months	92.7%
B. Yes	2.8%
C. No	4.5%

The next 11 questions ask about tobacco use.

Q-30 Have you ever tried cigarette smoking, even one or two puffs?

	<u>Percent</u>
A. Yes	50.0%
B. No	50.0%

Q-31 How old were you when you smoked a whole cigarette for the first time?

	<u>Percent</u>
A. I have never smoked a whole cigarette	62.0%
B. 8 years old or younger	2.8%
C. 9 or 10 years old	2.5%
D. 11 or 12 years old	7.0%
E. 13 or 14 years old	11.2%
F. 15 or 16 years old	12.0%
G. 17 years old or older	2.6%

Q-32 During the past 30 days, on how many days did you smoke cigarettes?

	<u>Percent</u>
A. 0 days	81.3%
B. 1 or 2 days	4.8%
C. 3 to 5 days	2.7%
D. 6 to 9 days	1.6%
E. 10 to 19 days	1.7%
F. 20 to 29 days	2.0%
G. All 30 days	5.9%

Q-33 During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

	<u>Percent</u>
A. I did not smoke cigarettes during the past 30 days	81.1%
B. Less than 1 cigarette	4.3%
C. 1 cigarette	4.2%
D. 2 to 5 cigarettes	7.8%
E. 6 to 10 cigarettes	1.8%
F. 11 to 20 cigarettes	0.4%
G. More than 20 cigarettes	0.4%

**Q-34 During the past 30 days, how did you usually get your own cigarettes?
(Select only one response.)**

	<u>Percent</u>
A. I did not smoke cigarettes during the past 30 days	81.0%
B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station	3.4%
C. I bought them from a vending machine	0.2%
D. I gave someone else money to buy them for me	5.3%
E. I borrowed (or bummed) them from someone else	6.0%
F. A person 18 years old or older gave them to me	0.7%
G. I took them from a store or family member	1.3%
H. I got them some other way	2.1%

**Q-35 During the past 30 days, on how many days did you smoke cigarettes on
school property?**

	<u>Percent</u>
A. 0 days	94.6%
B. 1 or 2 days	2.9%
C. 3 to 5 days	0.6%
D. 6 to 9 days	0.3%
E. 10 to 19 days	0.6%
F. 20 to 29 days	0.2%
G. All 30 days	0.9%

**Q-36 Have you ever smoked cigarettes daily, that is, at least one cigarette every
day for 30 days?**

	<u>Percent</u>
A. Yes	13.5%
B. No	86.5%

Q-37 During the past 12 months, did you ever try to quit smoking cigarettes?

	<u>Percent</u>
A. I did not smoke during the past 12 months	75.2%
B. Yes	14.2%
C. No	10.6%

Q-38 During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, beechnut, Skoal, Skoal Bandits, or Copenhagen?

	<u>Percent</u>
A. 0 days	85.4%
B. 1 or 2 days	4.5%
C. 3 to 5 days	2.2%
D. 6 to 9 days	1.3%
E. 10 to 19 days	1.8%
F. 20 to 29 days	1.2%
G. All 30 days	3.6%

Q-39 During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip on school property?

	<u>Percent</u>
A. 0 days	91.2%
B. 1 or 2 days	2.7%
C. 3 to 5 days	1.1%
D. 6 to 9 days	0.9%
E. 10 to 19 days	1.4%
F. 20 to 29 days	0.6%
G. All 30 days	2.2%

Q-40 During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?

	<u>Percent</u>
A. 0 days	82.2%
B. 1 or 2 days	10.3%
C. 3 to 5 days	3.8%
D. 6 to 9 days	1.2%
E. 10 to 19 days	1.1%
F. 20 to 29 days	0.3%
G. All 30 days	1.2%

The next 6 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

Q-41 During your life, on how many days have you had at least one drink of alcohol?

	<u>Percent</u>
A. 0 days	24.3%
B. 1 or 2 days	12.6%
C. 3 to 9 days	14.7%
D. 10 to 19 days	12.2%
E. 20 to 39 days	11.3%
F. 40 to 99 days	12.0%
G. 100 or more days	12.8%

Q-42 How old were you when you had your first drink of alcohol other than a few sips?

	<u>Percent</u>
A. I have never had a drink of alcohol other than a few sips	28.5%
B. 8 years old or younger	7.4%
C. 9 or 10 years old	5.5%
D. 11 or 12 years old	11.1%
E. 13 or 14 years old	26.1%
F. 15 or 16 years old	19.4%
G. 17 years old or older	2.1%

Q-43 During the past 30 days, on how many days did you have at least one drink of alcohol?

	<u>Percent</u>
A. 0 days	57.2%
B. 1 or 2 days	20.1%
C. 3 to 5 days	10.5%
D. 6 to 9 days	6.4%
E. 10 to 19 days	4.0%
F. 20 to 29 days	1.1%
G. All 30 days	0.7%

Q-44 During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

	<u>Percent</u>
A. 0 days	69.9%
B. 1 day	11.0%
C. 2 days	6.9%
D. 3 to 5 days	6.2%
E. 6 to 9 days	3.2%
F. 10 to 19 days	1.9%
G. 20 or more days	0.8%

Q-45 During the past 30 days, how did you usually get the alcohol you drank?

	<u>Percent</u>
A. I did not drink alcohol during the past 30 days	56.9%
B. I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station	1.7%
C. I bought it at a restaurant, bar, or club	0.4%
D. I bought it at a public event such as a concert or sporting event	0.3%
E. I gave someone else money to buy it for me	13.9%
F. Someone gave it to me	16.2%
G. I took it from a store or family member	2.2%
H. I got it some other way	8.4%

Q-46 During the past 30 days, on how many days did you have at least one drink of alcohol on school property?

	<u>Percent</u>
A. 0 days	94.9%
B. 1 or 2 days	3.2%
C. 3 to 5 days	0.9%
D. 6 to 9 days	0.3%
E. 10 to 19 days	0.2%
F. 20 to 29 days	0.1%
G. All 30 days	0.4%

The next 4 questions ask about marijuana use. Marijuana is also called grass or pot.

Q-47 During your life, how many times have you used marijuana?

	<u>Percent</u>
A. 0 times	57.8%
B. 1 or 2 times	8.8%
C. 3 to 9 times	8.5%
D. 10 to 19 times	5.5%
E. 20 to 39 times	4.9%
F. 40 to 99 times	5.5%
G. 100 or more times	9.0%

Q-48 How old were you when you tried marijuana for the first time?

	<u>Percent</u>
A. I have never tried marijuana	57.6%
B. 8 years old or younger	2.0%
C. 9 or 10 years old	2.5%
D. 11 or 12 years old	5.2%
E. 13 or 14 years old	13.6%
F. 15 or 16 years old	15.2%
G. 17 years old or older	3.9%

Q-49 During the past 30 days, how many times did you use marijuana?

	<u>Percent</u>
A. 0 times	76.9%
B. 1 or 2 times	8.8%
C. 3 to 9 times	5.6%
D. 10 to 19 times	3.4%
E. 20 to 39 times	2.3%
F. 40 or more times	3.0%

Q-50 During the past 30 days, how many times did you use marijuana on school property?

	<u>Percent</u>
A. 0 times	94.2%
B. 1 or 2 times	3.5%
C. 3 to 9 times	0.8%
D. 10 to 19 times	0.7%
E. 20 to 39 times	0.4%
F. 40 or more times	0.4%

The next 9 questions ask about other drugs.

Q-51 During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?

	<u>Percent</u>
A. 0 times	92.8%
B. 1 or 2 times	3.0%
C. 3 to 9 times	2.3%
D. 10 to 19 times	0.6%
E. 20 to 39 times	0.4%
F. 40 or more times	0.9%

Q-52 During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?

	<u>Percent</u>
A. 0 times	97.2%
B. 1 or 2 times	1.3%
C. 3 to 9 times	0.6%
D. 10 to 19 times	0.3%
E. 20 to 39 times	0.0%
F. 40 or more times	0.5%

Q-53 During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

	<u>Percent</u>
A. 0 times	85.8%
B. 1 or 2 times	7.2%
C. 3 to 9 times	3.7%
D. 10 to 19 times	1.8%
E. 20 to 39 times	0.4%
F. 40 or more times	1.2%

Q-54 During your life, how many times have you used heroin (also called smack, junk, or China White)?

	<u>Percent</u>
A. 0 times	97.0%
B. 1 or 2 times	1.1%
C. 3 to 9 times	0.6%
D. 10 to 19 times	0.6%
E. 20 to 39 times	0.1%
F. 40 or more times	0.5%

Q-55 During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?

	<u>Percent</u>
A. 0 times	96.9%
B. 1 or 2 times	1.1%
C. 3 to 9 times	0.5%
D. 10 to 19 times	0.3%
E. 20 to 39 times	0.3%
F. 40 or more times	0.8%

Q-56 During your life, how many times have you used ecstasy (also called MDMA)?

	<u>Percent</u>
A. 0 times	92.7%
B. 1 or 2 times	4.6%
C. 3 to 9 times	1.0%
D. 10 to 19 times	0.6%
E. 20 to 39 times	0.2%
F. 40 or more times	0.9%

Q-57 During your life, how many times have you taken steroid pills or shots without a doctor's prescription?

	<u>Percent</u>
A. 0 times	96.1%
B. 1 or 2 times	2.6%
C. 3 to 9 times	0.3%
D. 10 to 19 times	0.1%
E. 20 to 39 times	0.1%
F. 40 or more times	0.8%

Q-58 During your life, how many times have you used a needle to inject any illegal drug into your body?

	<u>Percent</u>
A. 0 times	96.3%
B. 1 time	2.3%
C. 2 or more times	1.4%

Q-59 During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

	<u>Percent</u>
A. Yes	20.7%
B. No	79.3%

The next 7 questions ask about sexual behavior.

Q-60 Have you ever had sexual intercourse?

	<u>Percent</u>
A. Yes	47.6%
B. No	52.4%

Q-61 How old were you when you had sexual intercourse for the first time?

	<u>Percent</u>
A. I have never had sexual intercourse	52.5%
B. 11 years old or younger	2.6%
C. 12 years old	3.1%
D. 13 years old	3.6%
E. 14 years old	8.1%
F. 15 years old	14.6%
G. 16 years old	11.0%
H. 17 years old or older	4.5%

Q-62 During your life, with how many people have you had sexual intercourse?

	<u>Percent</u>
A. I have never had sexual intercourse	52.5%
B. 1 person	16.6%
C. 2 people	8.6%
D. 3 people	6.2%
E. 4 people	5.0%
F. 5 people	3.6%
G. 6 or more people	7.4%

Q-63 During the past 3 months, with how many people did you have sexual intercourse?

	<u>Percent</u>
A. I have never had sexual intercourse	52.6%
B. I have had sexual intercourse, but not during the past 3 months	15.2%
C. 1 person	24.0%
D. 2 people	5.3%
E. 3 people	1.3%
F. 4 people	0.5%
G. 5 people	0.1%
H. 6 or more people	1.0%

Q-64 Did you drink alcohol or use drugs before you had sexual intercourse the last time?

	<u>Percent</u>
A. I have never had sexual intercourse	52.4%
B. Yes	13.0%
C. No	34.6%

Q-65 The last time you had sexual intercourse, did you or your partner use a condom?

	<u>Percent</u>
A. I have never had sexual intercourse	52.8%
B. Yes	33.7%
C. No	13.5%

Q-66 The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?

	<u>Percent</u>
A. I have never had sexual intercourse	52.8%
B. No method was used to prevent pregnancy	3.5%
C. Birth control pills	10.0%
D. Condoms	27.3%
E. Depo-Provera (injectable birth control)	1.0%
F. Withdrawal	2.6%
G. Some other method	1.1%
H. Not sure	1.6%

The next 7 questions ask about body weight.

Q-67 How do you describe your weight?

	<u>Percent</u>
A. Very underweight	2.6%
B. Slightly underweight	11.4%
C. About the right weight	57.1%
D. Slightly overweight	25.7%
E. Very overweight	3.2%

Q-68 Which of the following are you trying to do about your weight?

	<u>Percent</u>
A. Lose weight	41.6%
B. Gain weight	15.9%
C. Stay the same weight	19.0%
D. I am not trying to do anything about my weight	23.5%

Q-69 During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

	<u>Percent</u>
A. Yes	61.6%
B. No	38.4%

Q-70 During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?

	<u>Percent</u>
A. Yes	38.4%
B. No	61.6%

Q-71 During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?

	<u>Percent</u>
A. Yes	10.8%
B. No	89.2%

Q-72 During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)

	<u>Percent</u>
A. Yes	5.8%
B. No	94.2%

Q-73 During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?

	<u>Percent</u>
A. Yes	5.3%
B. No	94.7%

The next 8 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.

Q-74 During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)

	<u>Percent</u>
A. I did not drink 100% fruit juice during the past 7 days	20.0%
B. 1 to 3 times during the past 7 days	39.7%
C. 4 to 6 times during the past 7 days	18.8%
D. 1 time per day	7.5%
E. 2 times per day	7.9%
F. 3 times per day	2.7%
G. 4 or more times per day	3.3%

Q-75 During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)

	<u>Percent</u>
A. I did not eat fruit during the past 7 days	11.2%
B. 1 to 3 times during the past 7 days	36.8%
C. 4 to 6 times during the past 7 days	22.0%
D. 1 time per day	11.8%
E. 2 times per day	10.3%
F. 3 times per day	4.7%
G. 4 or more times per day	3.2%

Q-76 During the past 7 days, how many times did you eat green salad?

	<u>Percent</u>
A. I did not eat green salad during the past 7 days	28.6%
B. 1 to 3 times during the past 7 days	43.8%
C. 4 to 6 times during the past 7 days	15.0%
D. 1 time per day	8.8%
E. 2 times per day	2.4%
F. 3 times per day	0.5%
G. 4 or more times per day	1.0%

Q-77 During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)

	<u>Percent</u>
A. I did not eat potatoes during the past 7 days	27.1%
B. 1 to 3 times during the past 7 days	53.6%
C. 4 to 6 times during the past 7 days	13.6%
D. 1 time per day	3.0%
E. 2 times per day	1.6%
F. 3 times per day	0.2%
G. 4 or more times per day	0.9%

Q-78 During the past 7 days, how many times did you eat carrots?

	<u>Percent</u>
A. I did not eat carrots during the past 7 days	40.7%
B. 1 to 3 times during the past 7 days	45.3%
C. 4 to 6 times during the past 7 days	8.5%
D. 1 time per day	3.0%
E. 2 times per day	1.0%
F. 3 times per day	0.3%
G. 4 or more times per day	1.2%

Q-79 During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)

	<u>Percent</u>
A. I did not eat other vegetables during the past 7 days	15.4%
B. 1 to 3 times during the past 7 days	41.9%
C. 4 to 6 times during the past 7 days	22.0%
D. 1 time per day	10.3%
E. 2 times per day	6.6%
F. 3 times per day	2.2%
G. 4 or more times per day	1.7%

Q-80 During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not include diet soda or diet pop.)

	<u>Percent</u>
A. I did not drink soda or pop during the past 7 days	18.5%
B. 1 to 3 times during the past 7 days	37.2%
C. 4 to 6 times during the past 7 days	18.6%
D. 1 time per day	11.0%
E. 2 times per day	7.2%
F. 3 times per day	3.6%
G. 4 or more times per day	3.9%

Q-81 During the past 7 days, how many glasses of milk did you drink? (Include milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)

	<u>Percent</u>
A. I did not drink milk during the past 7 days	13.3%
B. 1 to 3 glasses during the past 7 days	19.2%
C. 4 to 6 glasses during the past 7 days	16.4%
D. 1 glass per day	15.9%
E. 2 glasses per day	16.4%
F. 3 glasses per day	10.3%
G. 4 or more glasses per day	8.4%

The next 5 questions ask about physical activity.

Q-82 During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)

	<u>Percent</u>
A. 0 days	13.4%
B. 1 day	8.1%
C. 2 days	10.9%
D. 3 days	11.5%
E. 4 days	10.1%
F. 5 days	13.2%
G. 6 days	11.7%
H. 7 days	21.1%

Q-83 On an average school day, how many hours do you watch TV?

	<u>Percent</u>
A. I do not watch TV on an average school day	13.2%
B. Less than 1 hour per day	22.1%
C. 1 hour per day	17.9%
D. 2 hours per day	23.1%
E. 3 hours per day	13.7%
F. 4 hours per day	5.4%
G. 5 or more hours per day	4.6%

Q-84 On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Nintendo, Game Boy, PlayStation, Xbox, computer games, and the Internet.)

	<u>Percent</u>
A. I do not play video or computer games or use a computer for something that is not school work	21.1%
B. Less than 1 hour per day	30.2%
C. 1 hour per day	19.0%
D. 2 hours per day	11.8%
E. 3 hours per day	9.6%
F. 4 hours per day	2.6%
G. 5 or more hours per day	5.7%

Q-85 In an average week when you are in school, on how many days do you go to physical education (PE) classes?

	<u>Percent</u>
A. 0 days	42.3%
B. 1 day	1.8%
C. 2 days	4.7%
D. 3 days	17.0%
E. 4 days	1.9%
F. 5 days	32.2%

Q-86 During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

	<u>Percent</u>
A. 0 teams	42.3%
B. 1 team	22.5%
C. 2 teams	18.6%
D. 3 or more teams	16.6%

The next 5 questions ask about other health-related topics.

Q-87 Have you ever been taught about AIDS or HIV infection in school?

	<u>Percent</u>
A. Yes	86.5%
B. No	7.8%

Q-88 Has a doctor or nurse ever told you that you have asthma?

	<u>Percent</u>
A. Yes	19.5%
B. No	76.1%

Q-89 Do you still have asthma?

	<u>Percent</u>
A. I have never had asthma	64.5%
B. Yes	14.6%
C. No	13.5%
D. Not sure	7.4%

Q-90 During the past 12 months, did you receive help from a resource teacher, speech therapist or other special education teacher at school?

	<u>Percent</u>
A. Yes	12.5%
B. No	87.5%

Q-91 Do you drive, and did you complete driver education (classroom and behind-the-wheel)?

	<u>Percent</u>
A. No, I do not drive; I do not have a valid license or permit, and no, I did not complete driver education	24.0%
B. No, I do not drive; I do not have a valid license or permit, but yes, I completed driver education	4.3%
C. Yes, I drive with a valid license or permit, but no, I did not complete driver education	5.7%
D. Yes, I drive with a valid license or permit, and yes, I completed driver education	58.8%
E. Yes, I drive regularly on public roads, but I do not have a valid license or permit	7.1%

2009
YOUTH RISK BEHAVIOR SURVEY
MONTANA HIGH SCHOOL

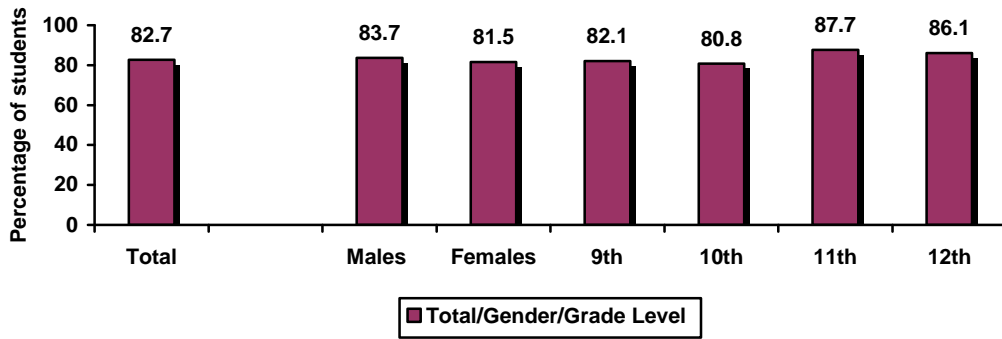


GRAPHS

Unintentional Injuries and Violence

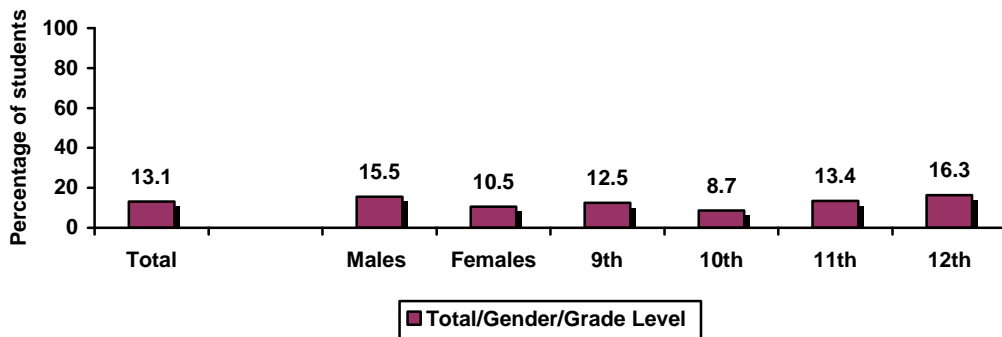
Bicycle Helmet Use

Among the 72.9% of Montana students who had ridden a bicycle during the past 12 months, 82.7% never or rarely wore a bicycle helmet.



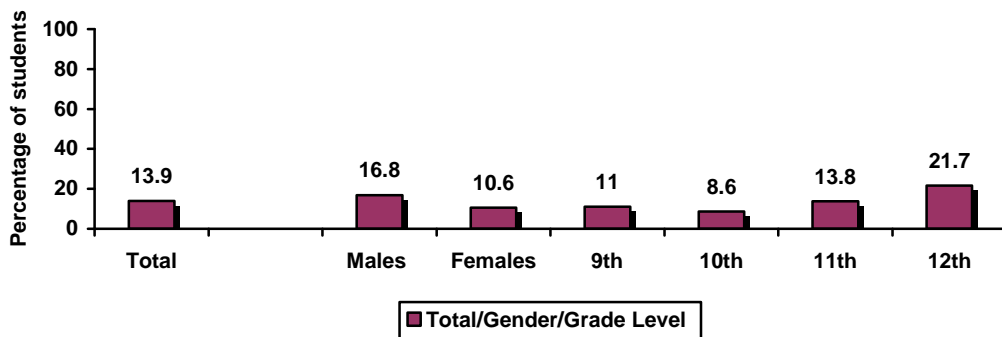
Seat Belt Use - Rider

Statewide, 13.1% of students never or rarely wore a seat belt when riding in a car driven by someone else.



Seat Belt Use - Driver

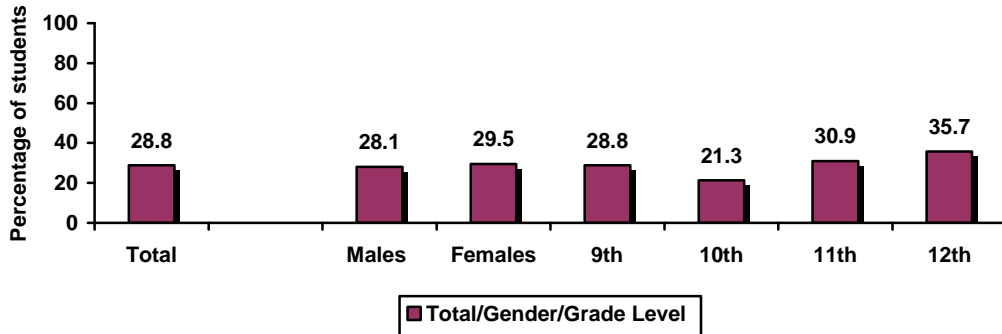
Statewide, 13.9% of students never or rarely wore a seat belt when driving a car.



Unintentional Injuries and Violence

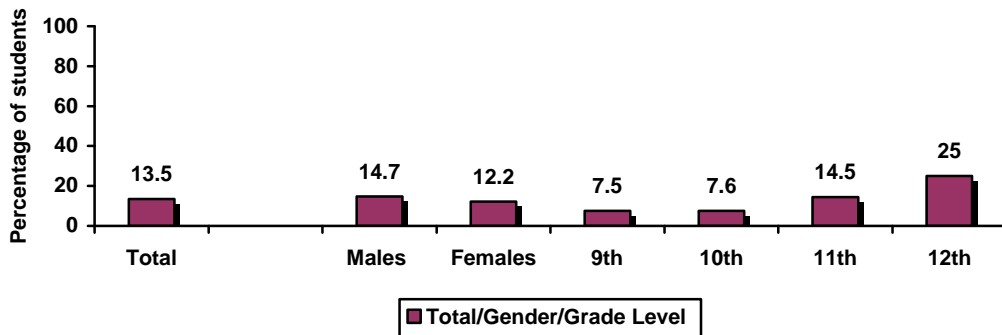
Rode with a Driver Who Had Been Drinking Alcohol

During the 30 days before the survey, 28.8% of Montana students had ridden one or more times in a car or other vehicle driven by someone who had been drinking alcohol.



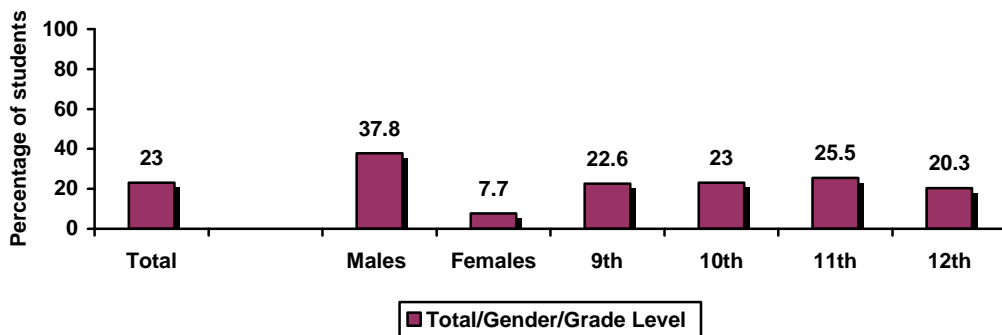
Drove when Drinking Alcohol

During the 30 days before the survey, 13.5% of Montana students had driven a car or other vehicle one or more times when they had been drinking alcohol.



Carried a Weapon

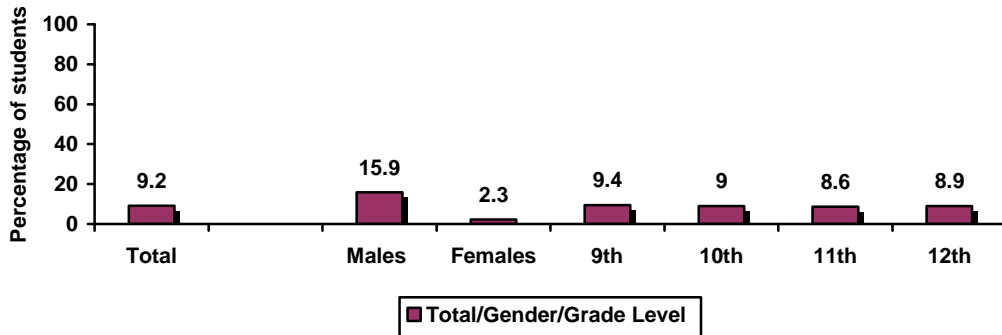
Statewide, 23.0% of students had carried a weapon (e.g., a gun, knife, or club) on at least one day during the 30 days before the survey.



Unintentional Injuries and Violence

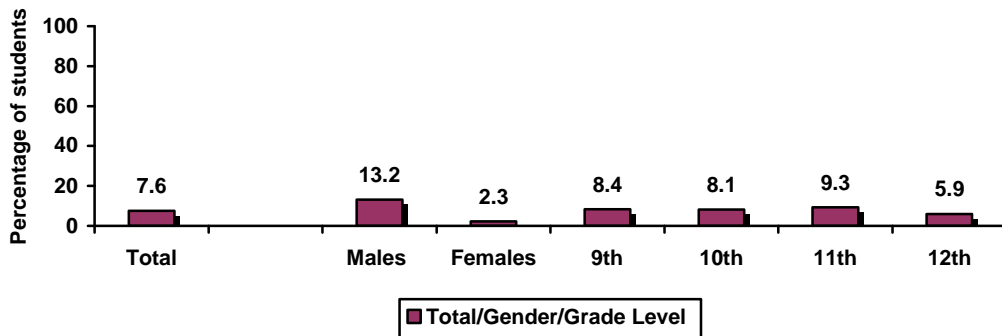
Carried a Gun

Statewide, 9.2% of students had carried a gun on at least one day during the 30 days before the survey.



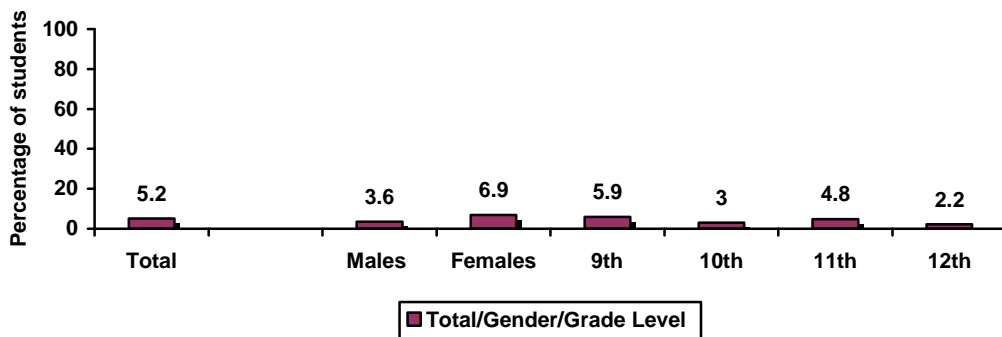
Carried a Weapon on School Property

Statewide, 7.9% of students had carried a weapon (e.g., a gun, knife, or club) on school property on at least one day during the 30 days before the survey.



Did Not Go to School Because of Safety Concerns

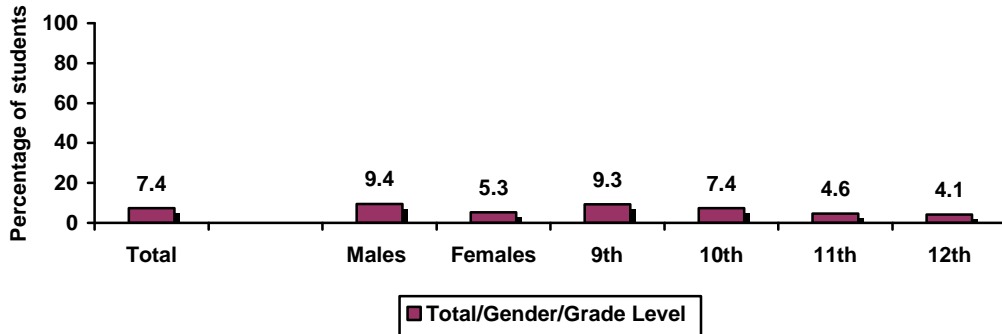
Statewide, 5.2% of students had not gone to school on at least one day during the 30 days before the survey because they felt they would be unsafe at school or on their way to or from school.



Unintentional Injuries and Violence

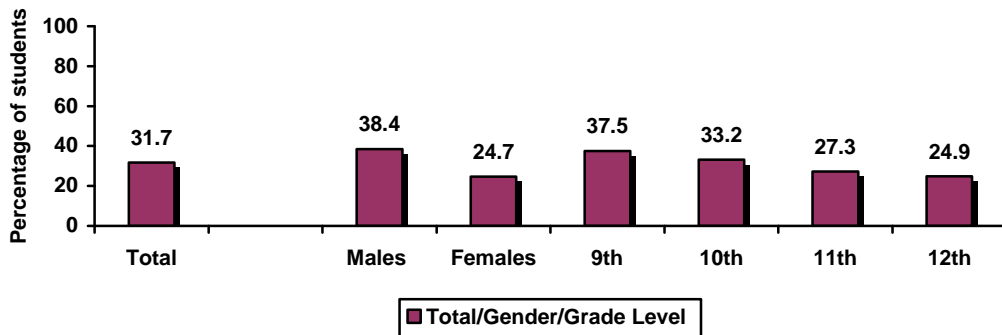
Threatened or Injured with a Weapon on School Property

During the 12 months before the survey, 7.4% of students statewide had been threatened or injured with a weapon (e.g., a gun, knife, or club) on school property one or more times.



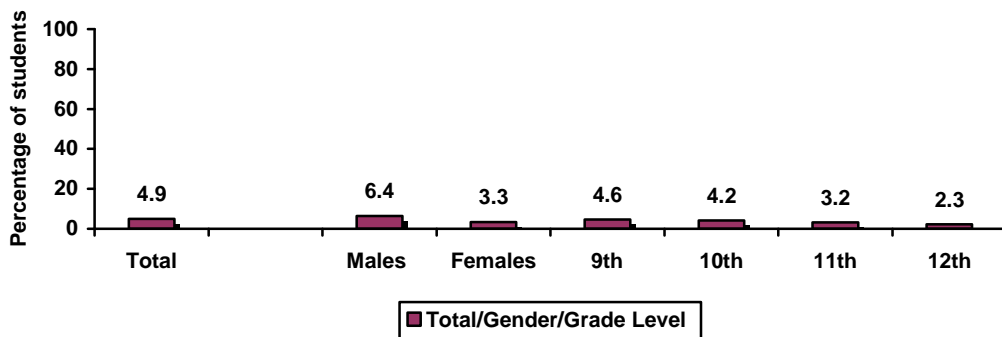
In a Physical Fight

Statewide, 31.7% of students had been in a physical fight one or more times during the 12 months before the survey.



Injured in a Physical Fight

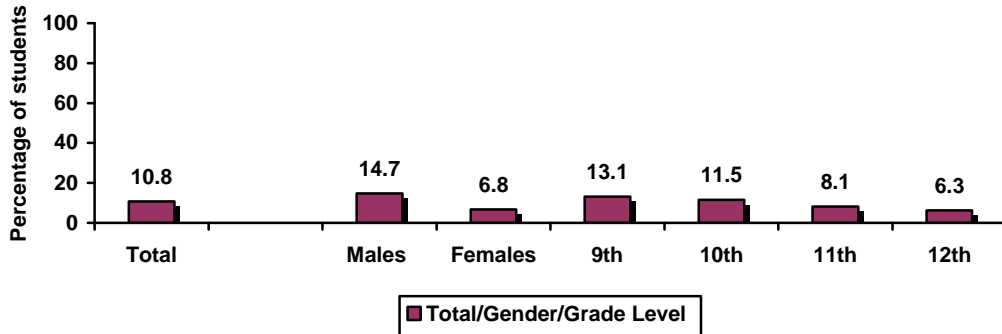
Statewide, 4.9% of students had been in a physical fight one or more times during the 12 months before the survey in which they were injured and had to be treated by a doctor or nurse.



Unintentional Injuries and Violence

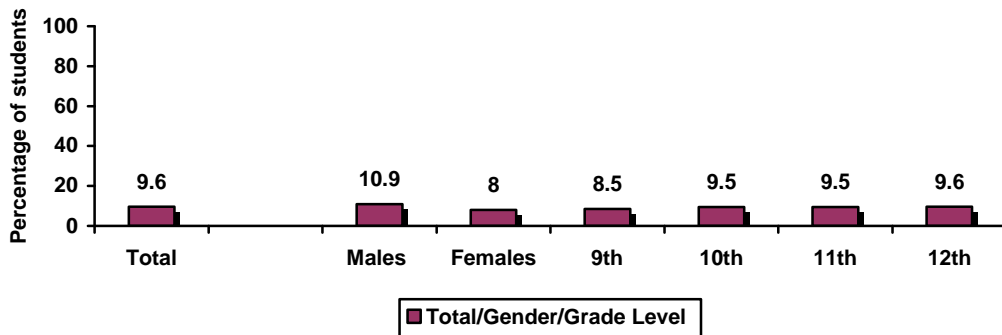
In a Physical Fight on School Property

Statewide, 10.8% of students had been in a physical fight on school property one or more times during the 12 months before the survey.



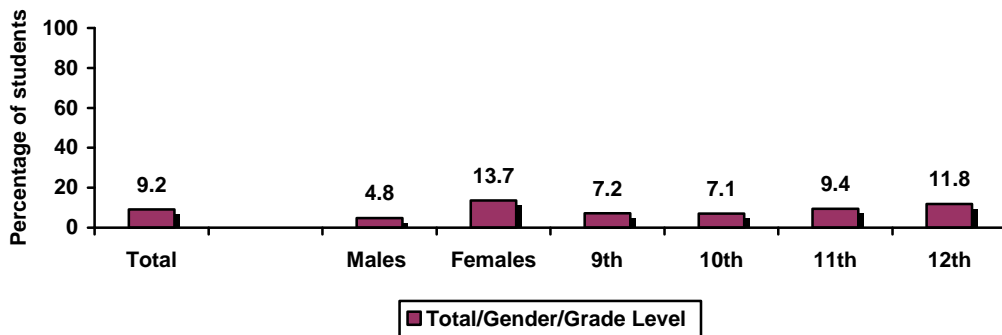
Dating Violence

During the 12 months before the survey, 9.6% of Montana students had been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend (i.e., dating violence).



Forced to Have Sexual Intercourse

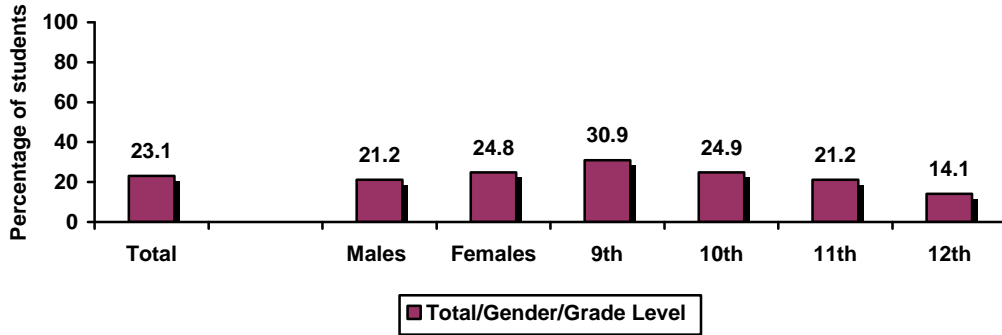
Statewide, 9.2% of students had ever been physically forced to have sexual intercourse when they did not want to.



Unintentional Injuries and Violence

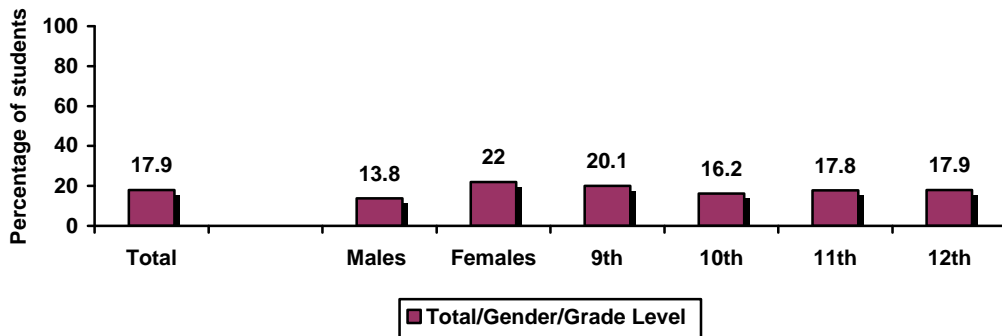
Bullied on School Property

Statewide, 23.1% of students had been bullied on school property during the past 12 months.



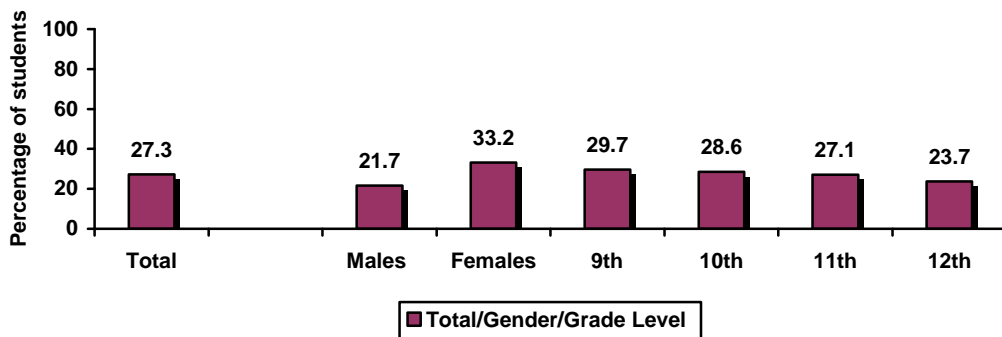
Electronic Bullying

During the 12 months before the survey, 17.9% of Montana students had been electronically bullied, such as through e-mail, chat rooms, instant messaging, Web sites, or text messaging.



Felt Sad or Hopeless

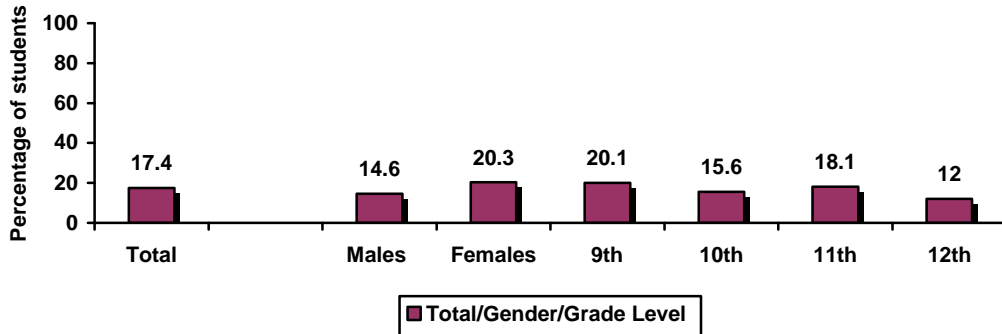
During the 12 months before the survey, 27.3% of students statewide had felt so sad or hopeless almost every day for two or more weeks in a row that they stopped doing some usual activities.



Unintentional Injuries and Violence

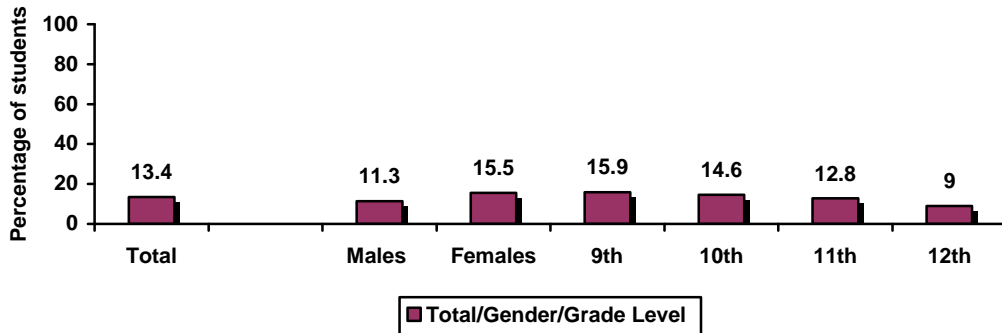
Seriously Considered Attempting Suicide

Statewide, 17.4% of students had seriously considered attempting suicide during the 12 months before the survey.



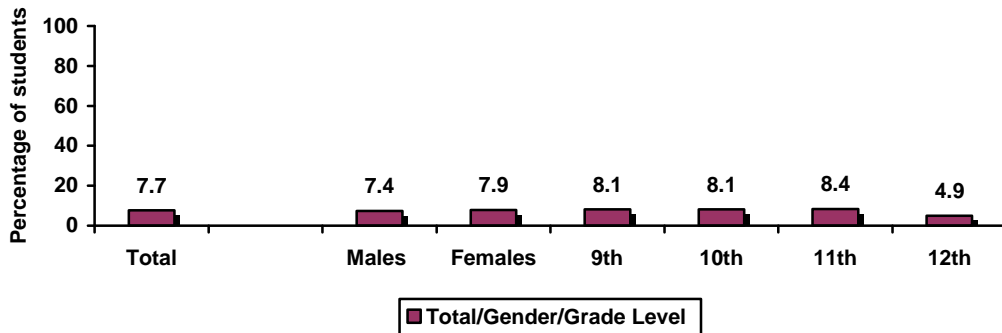
Made a Suicide Plan

During the 12 months before the survey, 13.4% of students statewide had made a plan about how they would attempt suicide.



Attempted Suicide

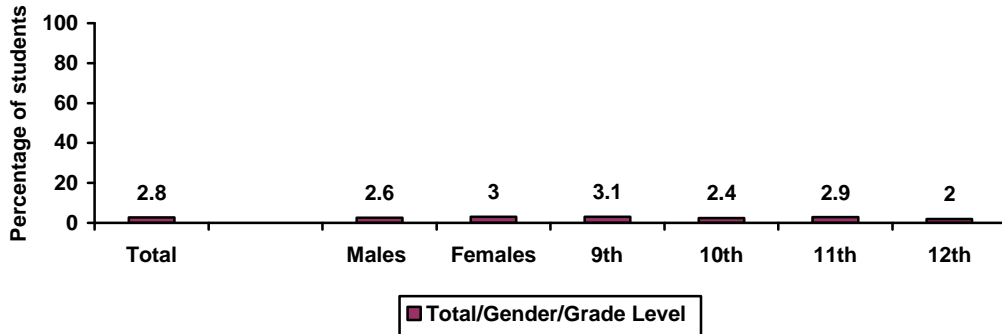
Statewide, 7.7% of students had attempted suicide one or more times during the 12 months before the survey.



Unintentional Injuries and Violence

Suicide Attempt Treated by a Doctor or Nurse

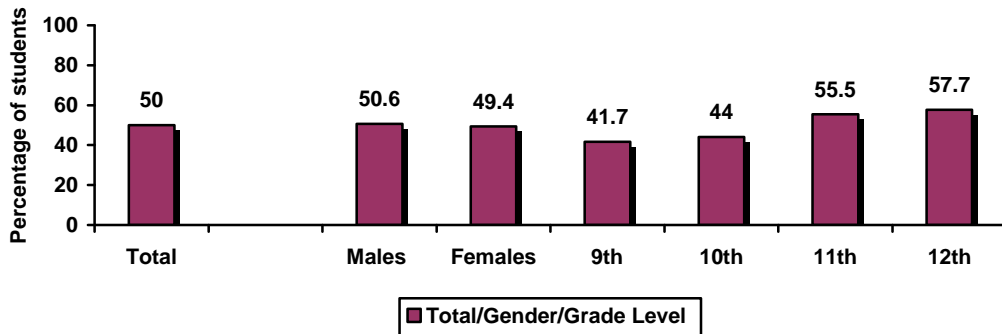
During the 12 months before the survey, 2.8% of students statewide had made a suicide attempt that resulted in an injury, poisoning, or an overdose that had to be treated by a doctor or nurse.



Tobacco Use

Lifetime Cigarette Use

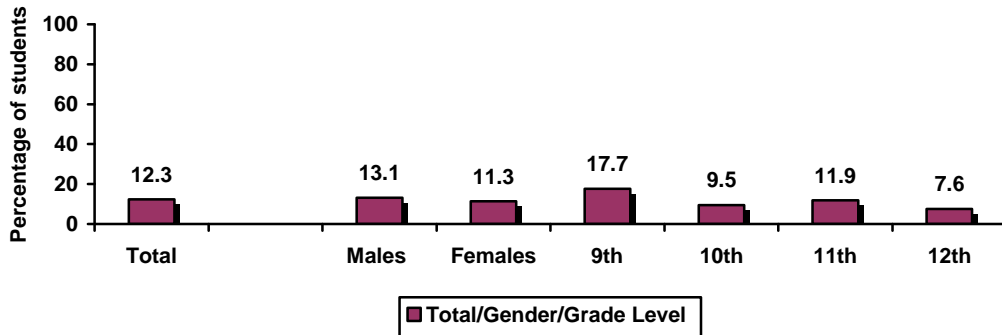
Statewide, 50.0% of students had ever tried cigarette smoking (even one or two puffs).



Tobacco Use

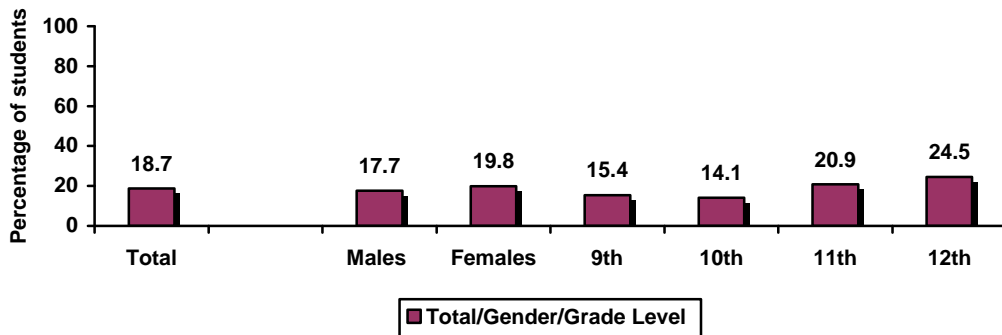
Smoked a Whole Cigarette Before Age 13 Years

Statewide, 12.3% of students had smoked a whole cigarette for the first time before the age of 13.



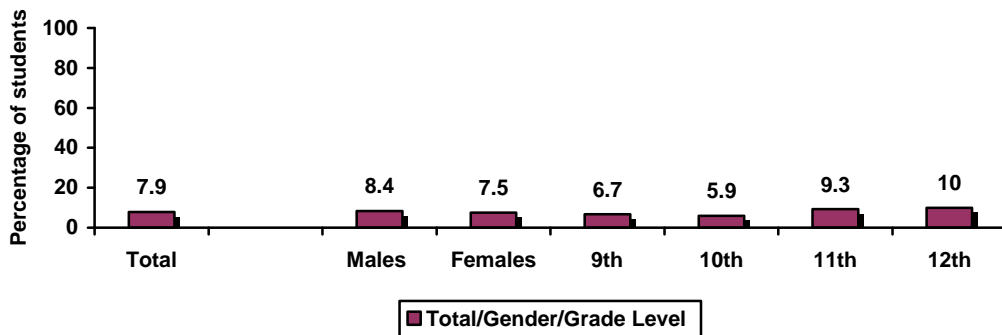
Current Cigarette Use

Statewide, 18.7% of students had smoked cigarettes on at least one day during the 30 days before the survey.



Current Frequent Cigarette Use

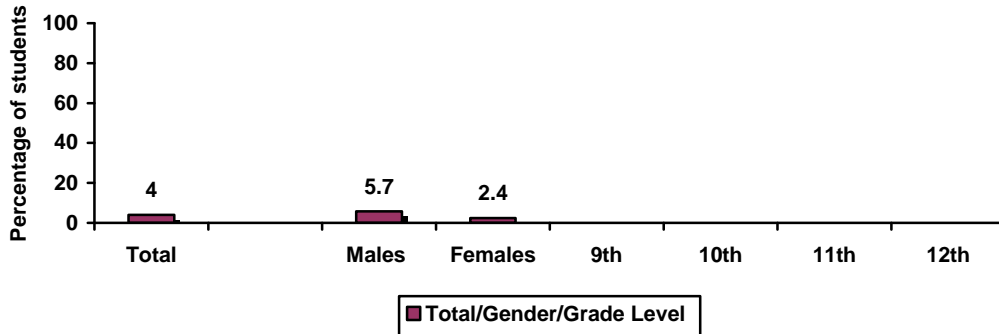
Statewide, 7.9% of students had smoked cigarettes on 20 or more days during the 30 days before the survey.



Tobacco Use

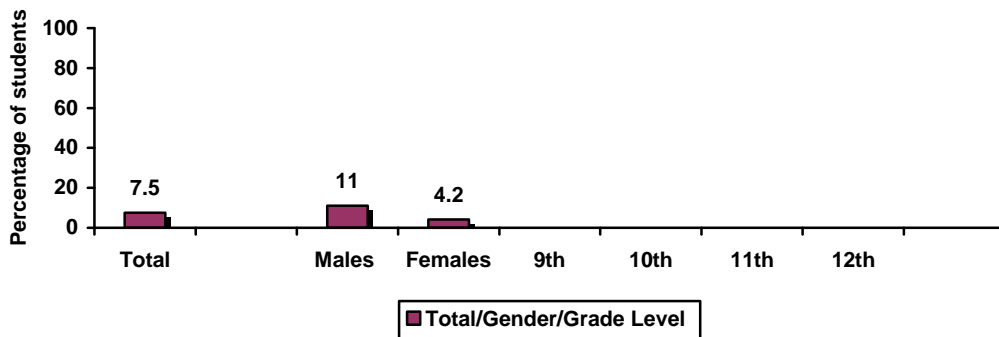
Smoked More than 10 Cigarettes per Day

Among the students who currently smoke cigarettes, 4.0% had smoked more than 10 cigarettes per day on the days they smoked during the 30 days before the survey. Missing bars indicate less than 100 students in the subgroup.



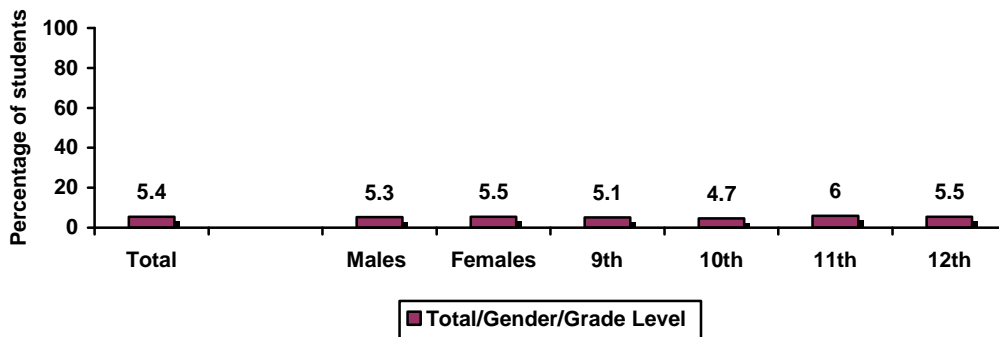
Bought Cigarettes in a Store or Gas Station

Statewide, 7.5% of students who currently smoked cigarettes and were less than 18 years of age usually obtained their cigarettes by buying them in a store (i.e., convenience store, supermarket, or discount store) or gas station during the 30 days before the survey. Missing bars indicate less than 100 students in the subgroup.



Smoked Cigarettes on School Property

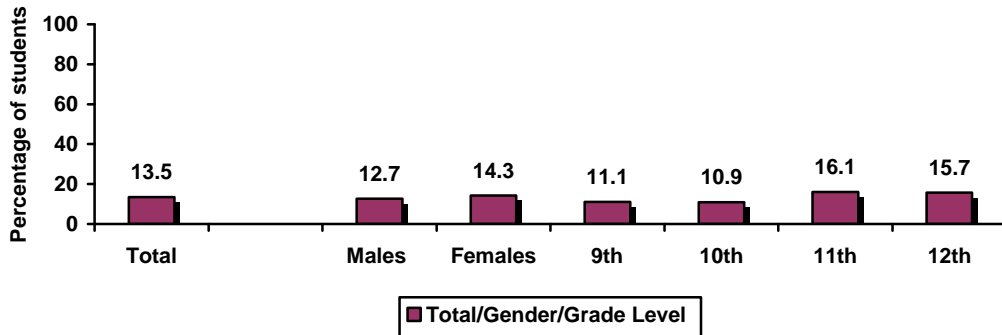
Statewide, 5.4% of students had smoked cigarettes on school property on at least one day during the 30 days before the survey.



Tobacco Use

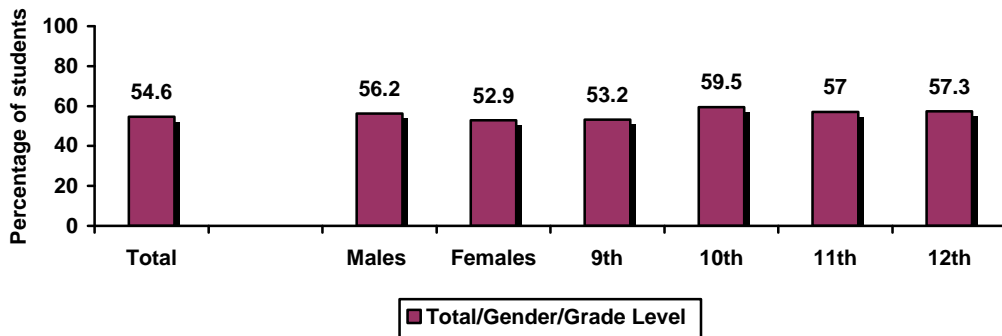
Lifetime Daily Cigarette Use

Statewide, 13.5% of students had ever smoked at least one cigarette every day for 30 days.



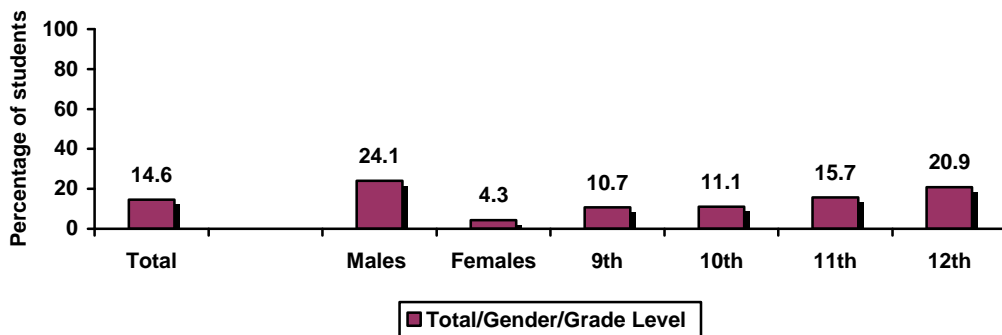
Tried to Quit Smoking Cigarettes

Among current smokers, 54.6% had tried to quit smoking cigarettes during the 12 months before the survey.



Current Smokeless Tobacco Use

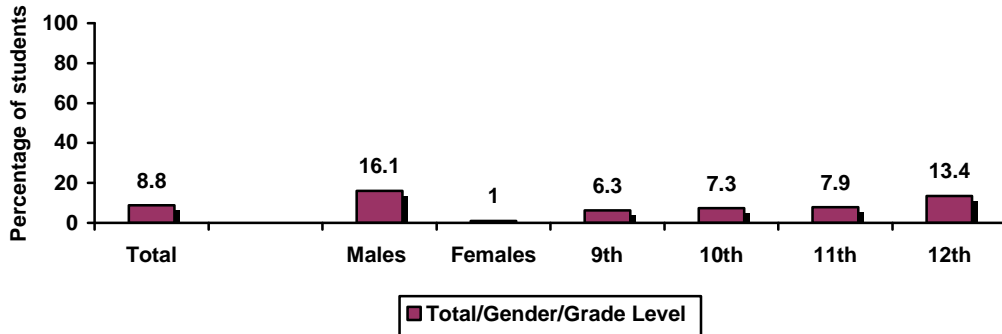
Statewide, 14.6% of students had used smokeless tobacco (e.g., chewing tobacco, snuff, or dip) on at least one day during the 30 days before the survey.



Tobacco Use

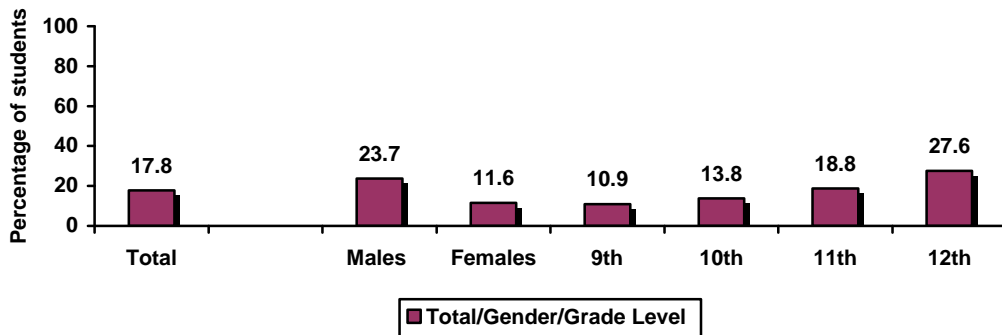
Used Smokeless Tobacco on School Property

Statewide, 8.8% of students had used smokeless tobacco (e.g., chewing tobacco, snuff, or dip) on school property on at least one day during the past 30 days before the survey.



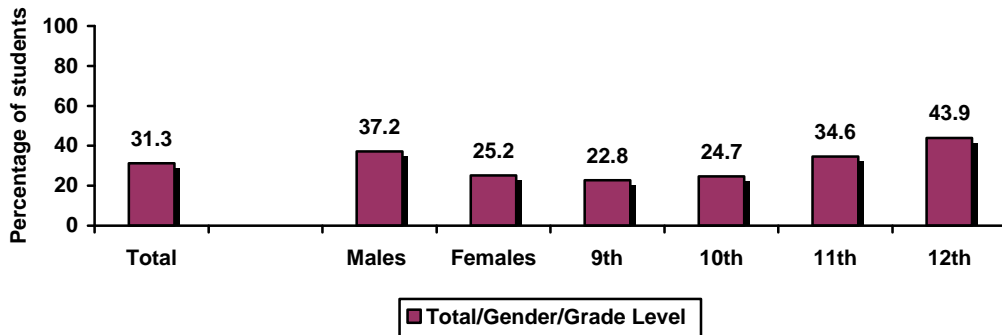
Current Cigar Use

Statewide, 17.8% of students had smoked cigars, cigarillos, or little cigars on at least one day during the 30 days before the survey.



Current Tobacco Use

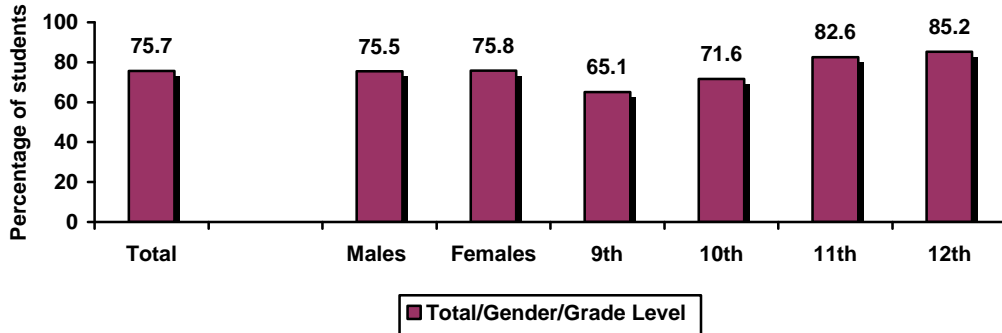
Statewide, 31.3% of students had reported current cigarette use, current smokeless tobacco use, or current cigar use.



Alcohol and Other Drug Use

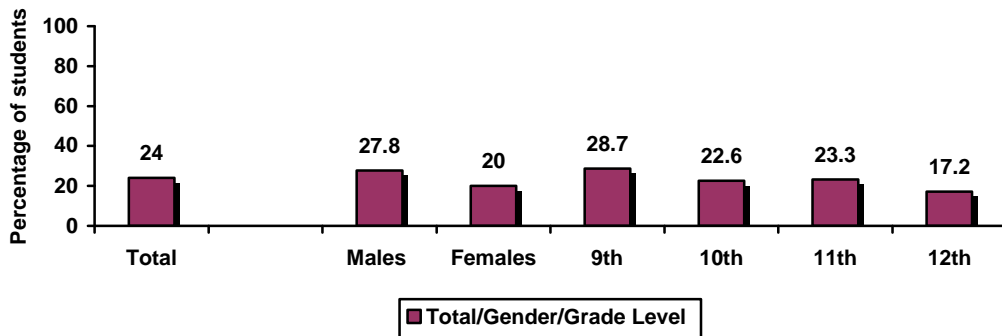
Lifetime Alcohol Use

Statewide, 75.7% of students had had at least one drink of alcohol on at least one day during their life.



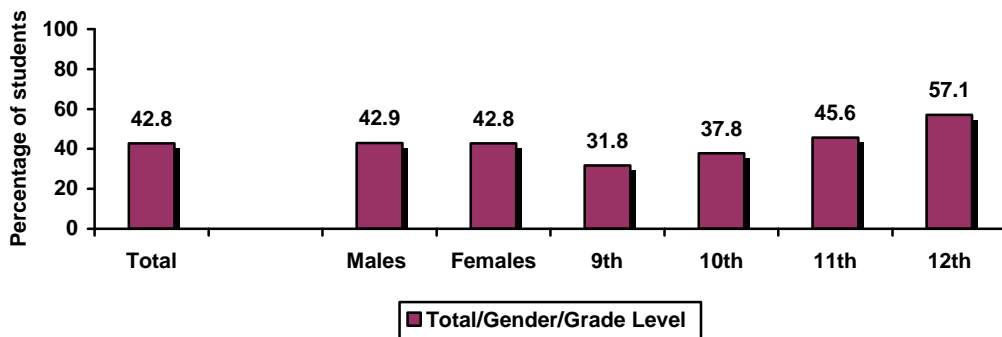
Drank Alcohol Before Age 13 Years

Statewide, 24.0% of students had drunk alcohol (other than a few sips) for the first time before the age of 13.



Current Alcohol Use

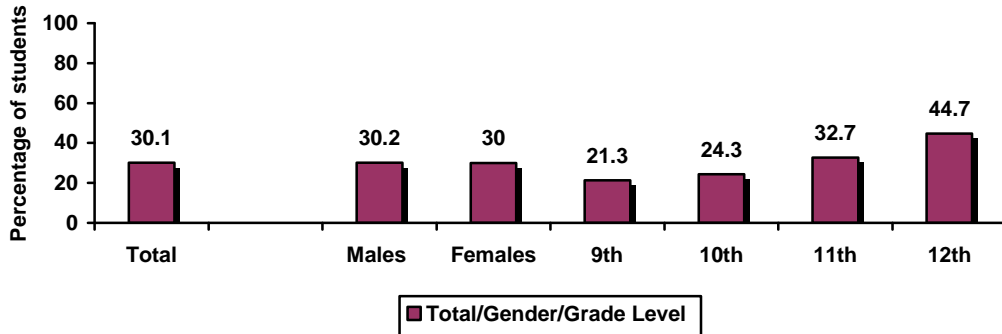
Statewide, 42.8% of students had had at least one drink of alcohol on at least one day during the 30 days before the survey.



Alcohol and Other Drug Use

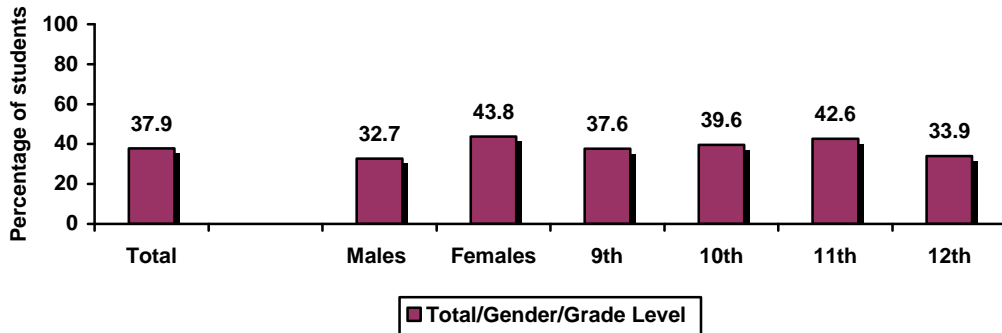
Episodic Heavy Drinking

Statewide, 30.1% of students had had five or more drinks of alcohol in a row (i.e., within a couple of hours) on at least one day during the 30 days before the survey.



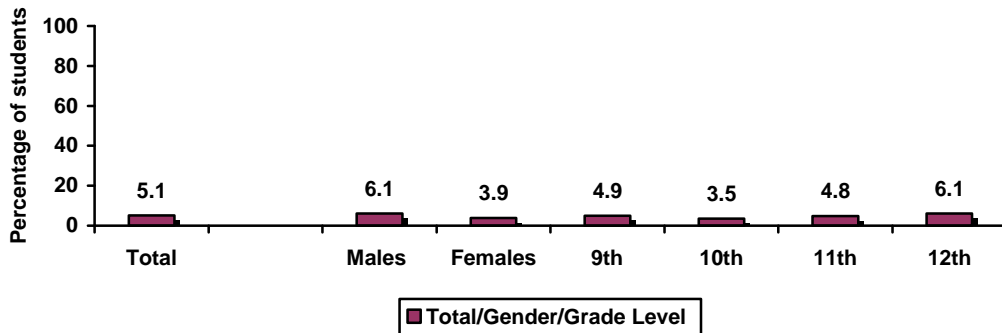
Obtained Alcohol from Someone

Among current alcohol users, 37.9% usually got the alcohol they drank from someone who gave it to them during the past 30 days.



Drank Alcohol on School Property

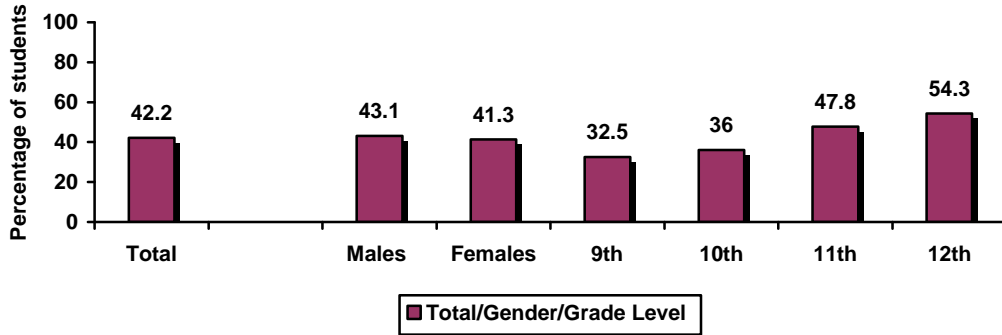
Statewide, 5.1% of students had drunk at least one drink of alcohol on school property on at least one day during the 30 days before the survey.



Alcohol and Other Drug Use

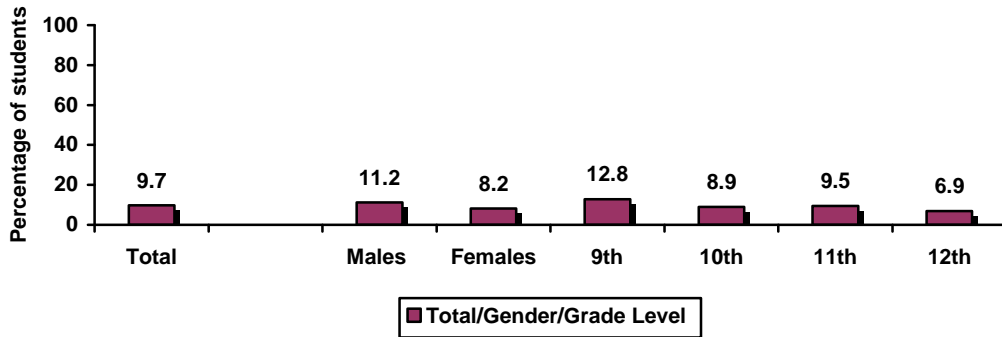
Lifetime Marijuana Use

Statewide, 42.2% of students had used marijuana one or more times during their life.



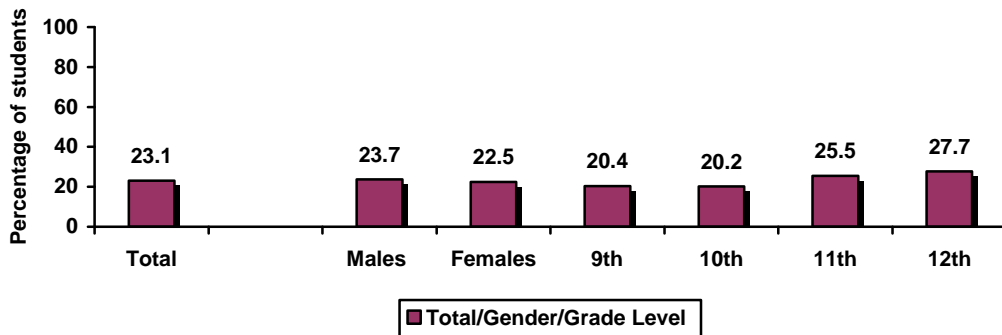
Tried Marijuana Before Age 13 Years

Statewide, 9.7% of students had tried marijuana for the first time before the age of 13.



Current Marijuana Use

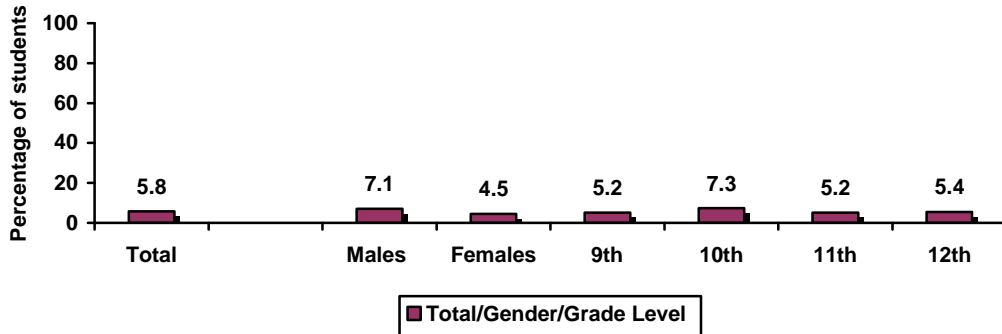
Statewide, 23.1% of students had used marijuana one or more times during the 30 days before the survey.



Alcohol and Other Drug Use

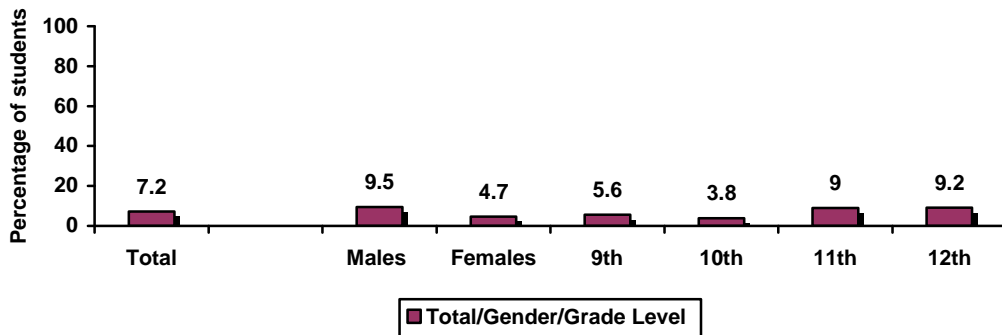
Used Marijuana on School Property

Statewide, 5.8% of students had used marijuana on school property one or more times during the 30 days before the survey.



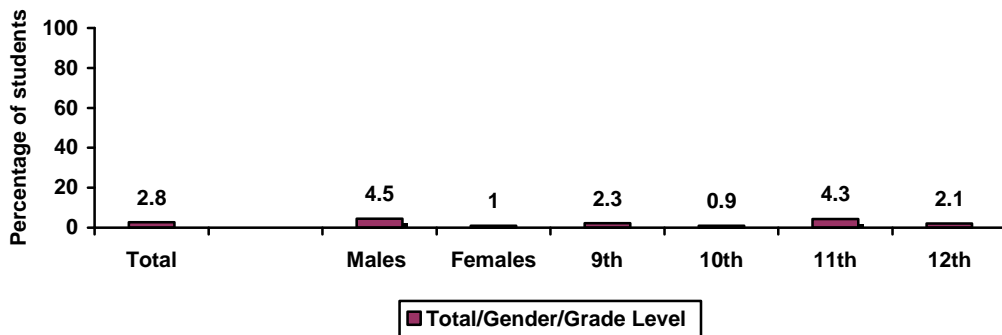
Lifetime Cocaine Use

Statewide, 7.2% of students had used any form of cocaine (e.g., powder, crack, or freebase) one or more times during their life.



Current Cocaine Use

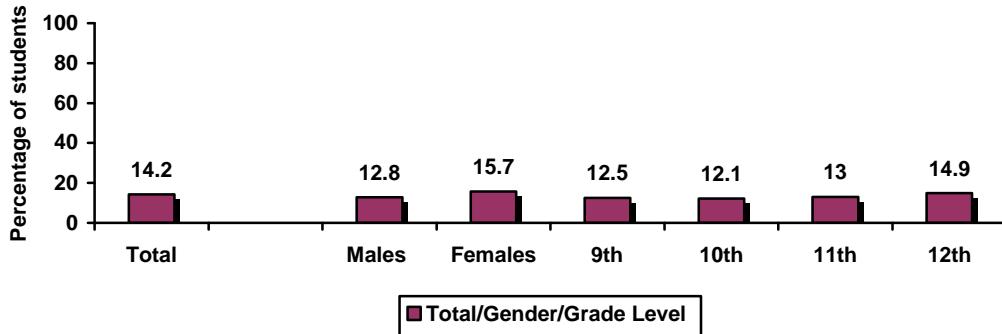
Statewide, 2.8% of students had used any form of cocaine (e.g., powder, crack, or freebase) one or more times during the 30 days before the survey).



Alcohol and Other Drug Use

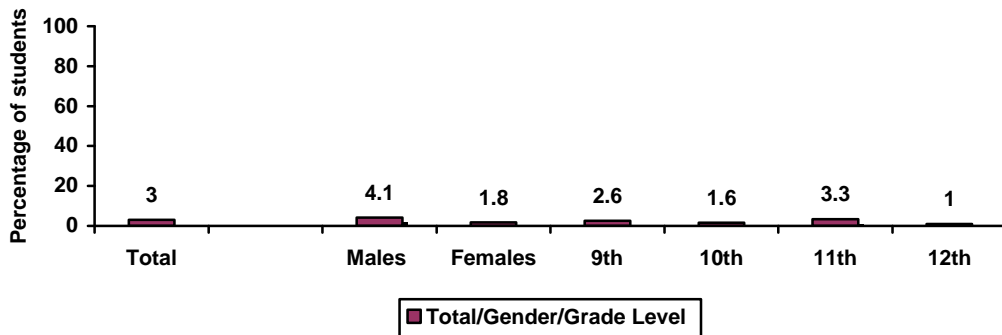
Lifetime Inhalant Use

Statewide, 14.2% of students had sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life.



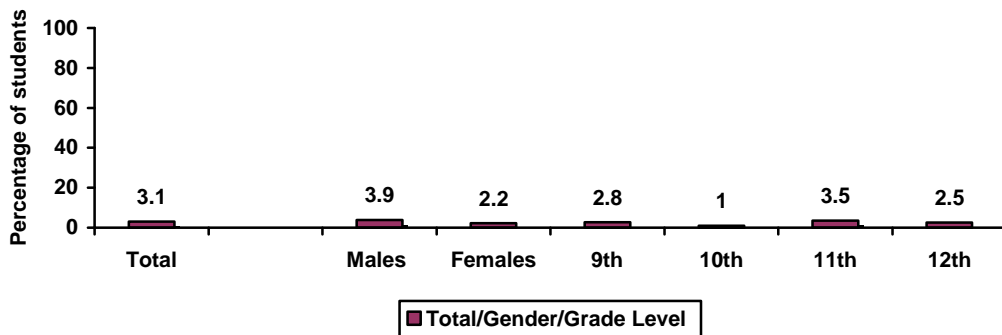
Lifetime Heroin Use

Statewide, 3.0% of students had used heroin (also called "smack," "junk," or "China White") one or more times during their life.



Lifetime Methamphetamine Use

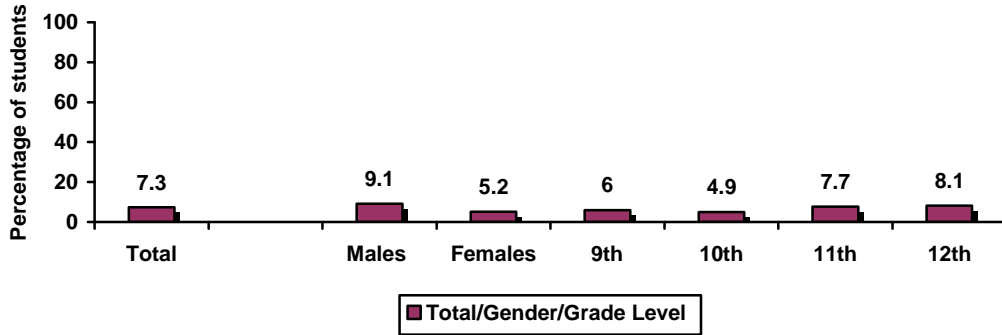
Statewide, 3.1% of students had used methamphetamines (also called "speed," "crystal," "crank," or "ice") one or more times during their life.



Alcohol and Other Drug Use

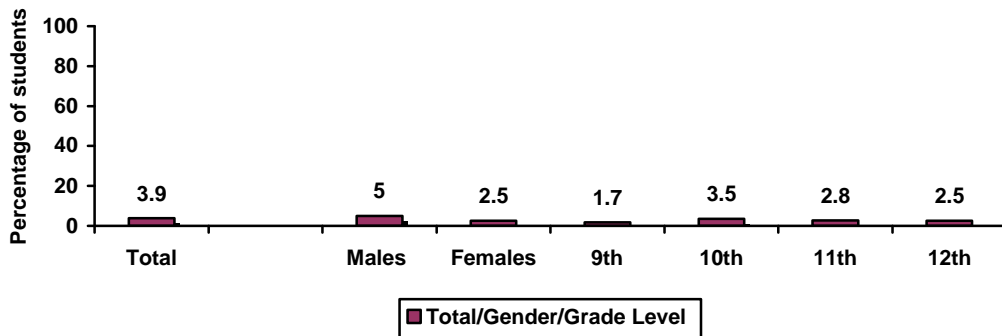
Lifetime Ecstasy Use

Statewide, 7.3% of students had used ecstasy (also called "MDMA") one or more times during their life.



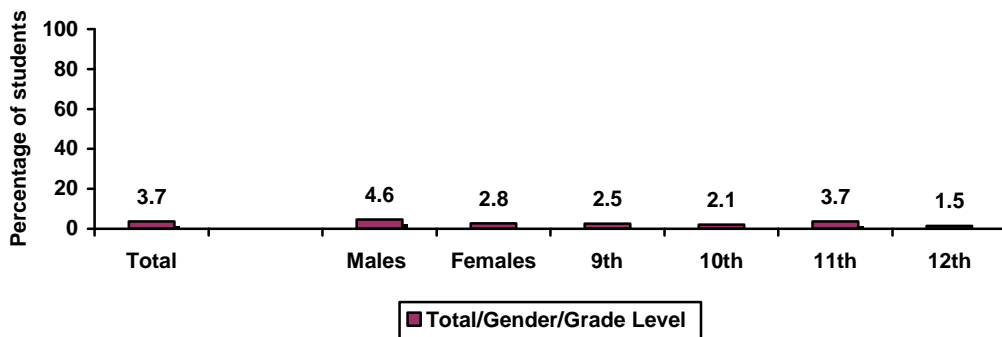
Lifetime Steroid Use

Statewide, 3.9% of students had taken steroid pills or shots without a doctor's prescription one or more times during their life.



Lifetime Injectable Illegal Drug Use

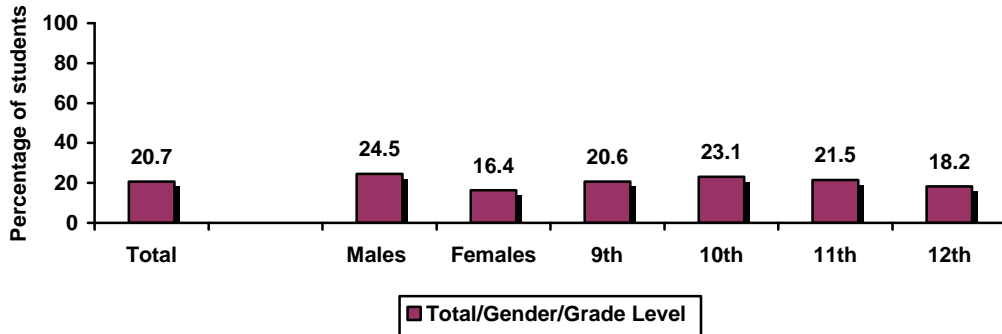
Statewide, 3.7% of students had ever used a needle to inject any illegal drug into their body one or more times during their life.



Alcohol and Other Drug Use

Offered, Sold, or Given an Illegal Drug on School Property

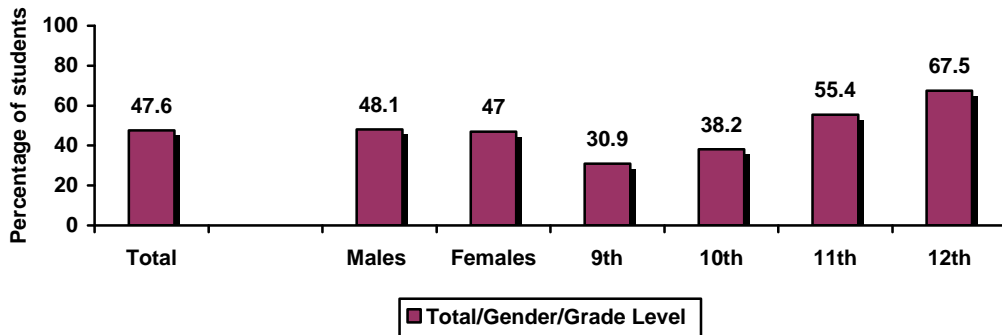
Statewide, 20.7% of students had been offered, sold, or given an illegal drug by someone on school property during the 12 months before the survey.



Sexual Behaviors that Contribute to Unintended Pregnancy and Sexually Transmitted Diseases, Including HIV Infection

Ever Had Sexual Intercourse

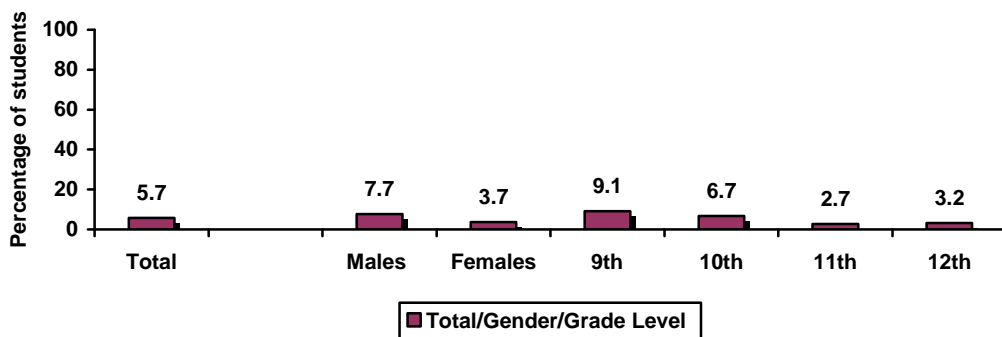
Statewide, 47.6% of students had ever had sexual intercourse.



Sexual Behaviors that Contribute to Unintended Pregnancy and Sexually Transmitted Diseases, Including HIV Infection

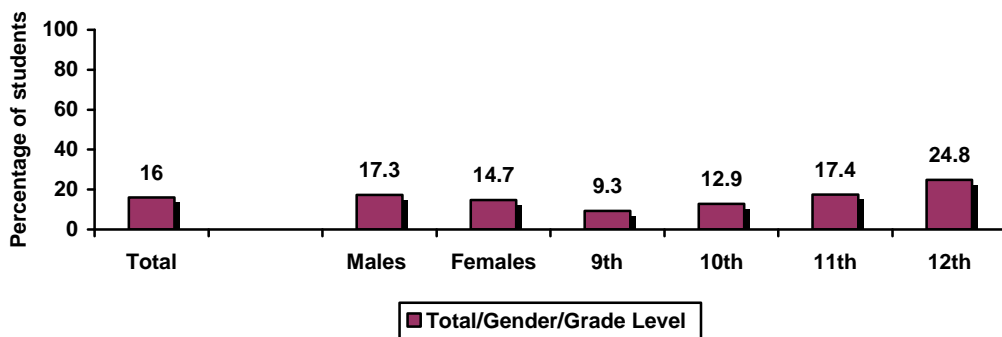
Had First Sexual Intercourse Before Age 13

Statewide, 5.7% of students had had sexual intercourse for the first time before the age of 13.



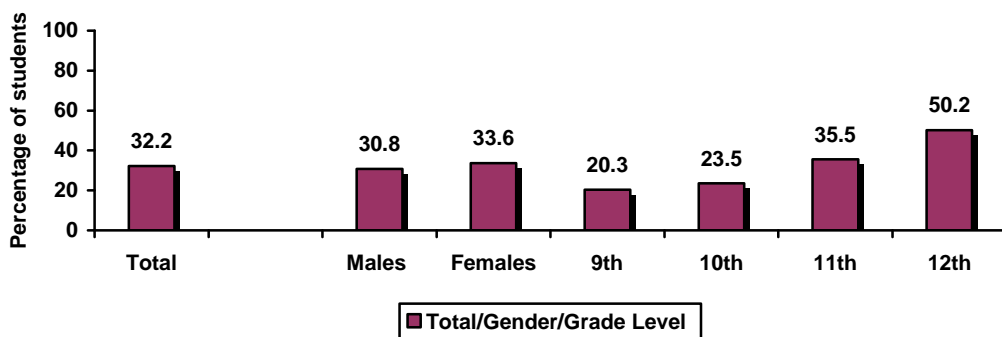
Had Sexual Intercourse with Four or More Persons During Their Life

Statewide, 16.0% of students had had sexual intercourse with four or more persons during their life.



Currently Sexually Active

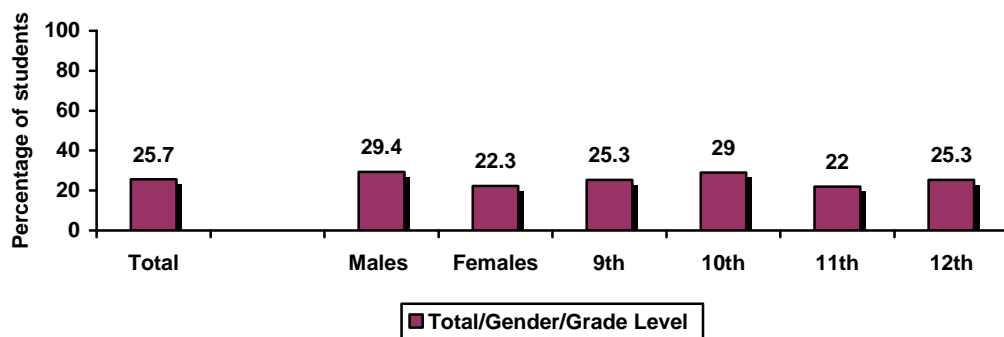
Statewide, 32.2% of students had had sexual intercourse with at least one person during the three months before the survey.



Sexual Behaviors that Contribute to Unintended Pregnancy and Sexually Transmitted Diseases, Including HIV Infection

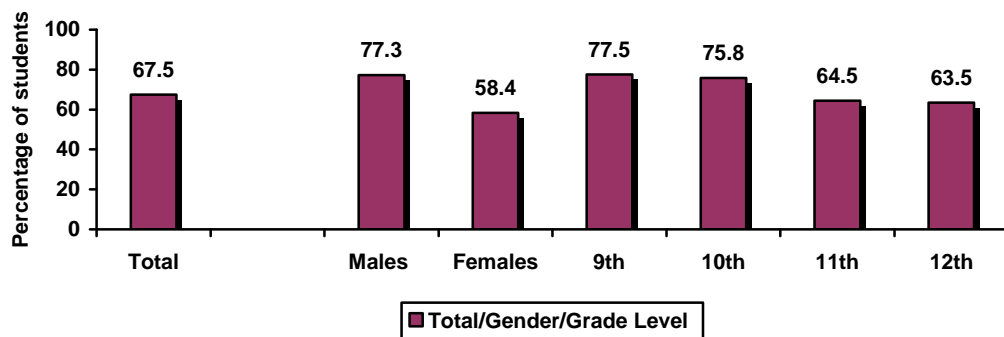
Drank Alcohol or Used Drugs Before Last Sexual Intercourse

Among those students who had sexual intercourse during the past three months, 25.7% had drunk alcohol or used drugs before their last sexual intercourse.



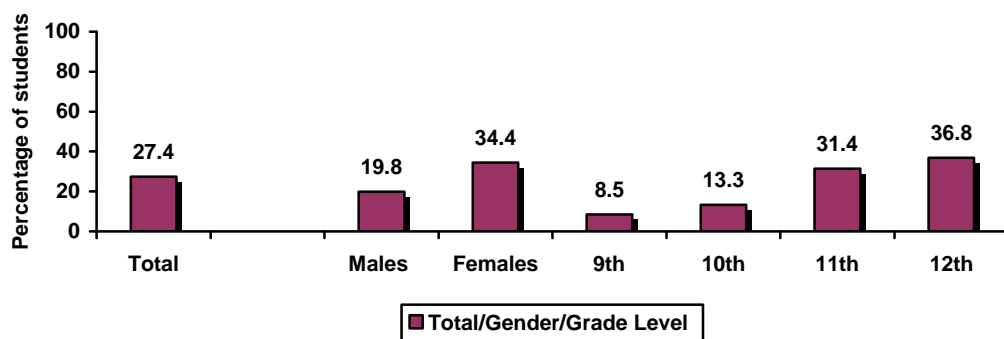
Condom Use

Among the currently sexually active students statewide, 67.5% reported that either they or their partner had used a condom during their last sexual intercourse.



Birth Control Pill Use

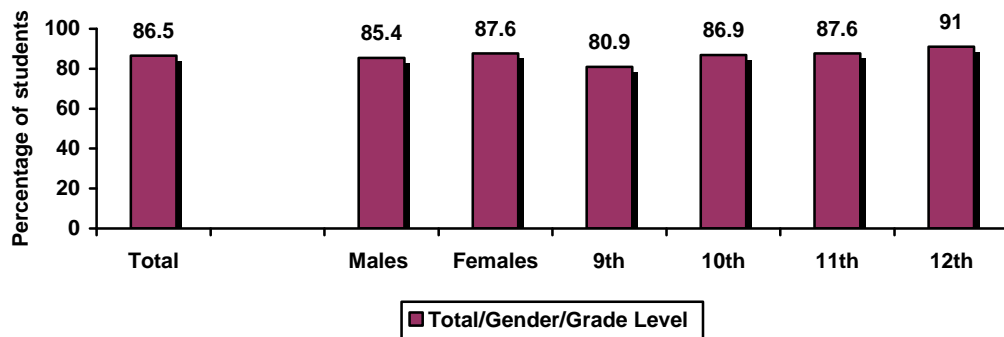
Among the currently sexually active students statewide, 27.4% reported that either they or their partner had used birth control pills to prevent pregnancy before their last sexual intercourse.



Sexual Behaviors that Contribute to Unintended Pregnancy and Sexually Transmitted Diseases, Including HIV Infection

Were Taught in School About AIDS or HIV Infection

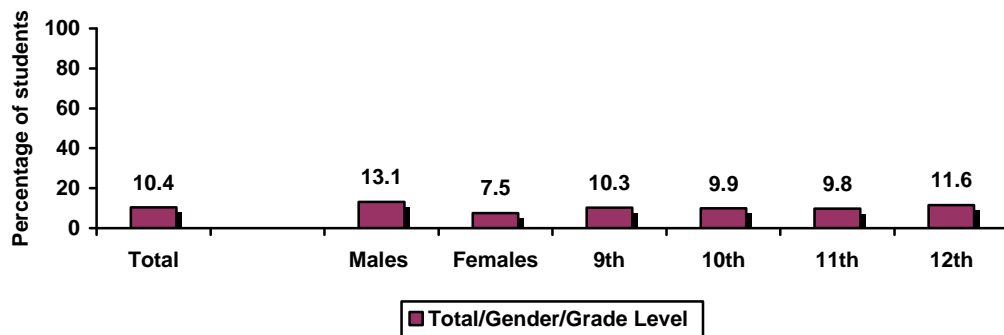
Statewide, 86.5% of students had ever been taught in school about acquired immunodeficiency syndrome (AIDS) or human immunodeficiency virus (HIV) infection.



Obesity, Overweight and Weight Control

Obese

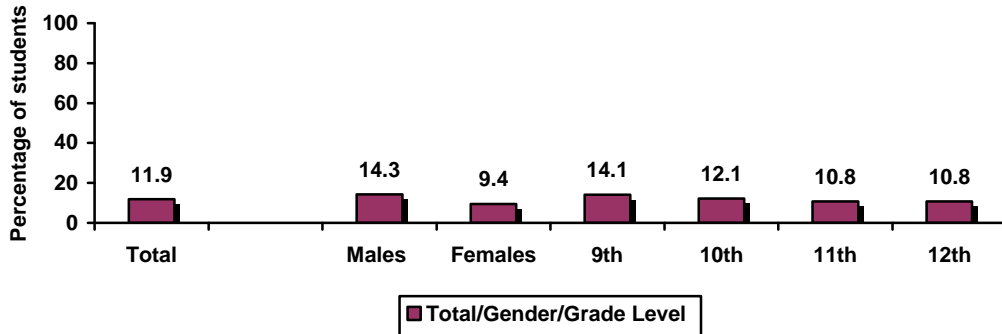
Statewide, 10.4% of students were obese (i.e., at or above the 95th percentile for body mass index, by age and sex).



Obesity, Overweight and Weight Control

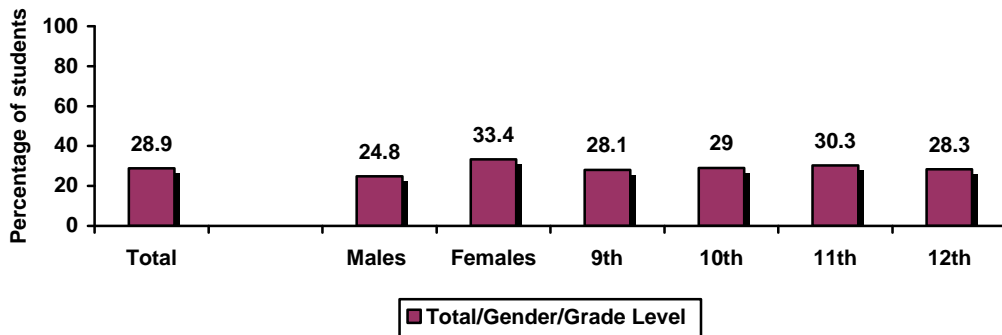
Overweight

Statewide, 11.9% of students were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex).



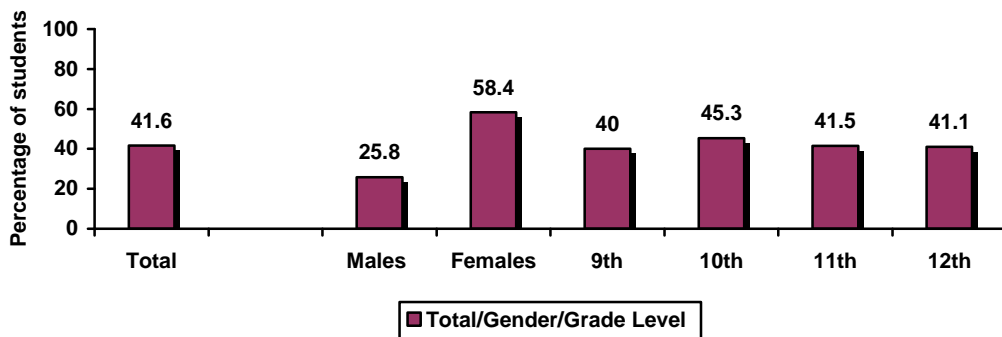
Described Themselves as Overweight

Statewide, 28.9% of students described themselves as slightly or very overweight.



Were Trying to Lose Weight

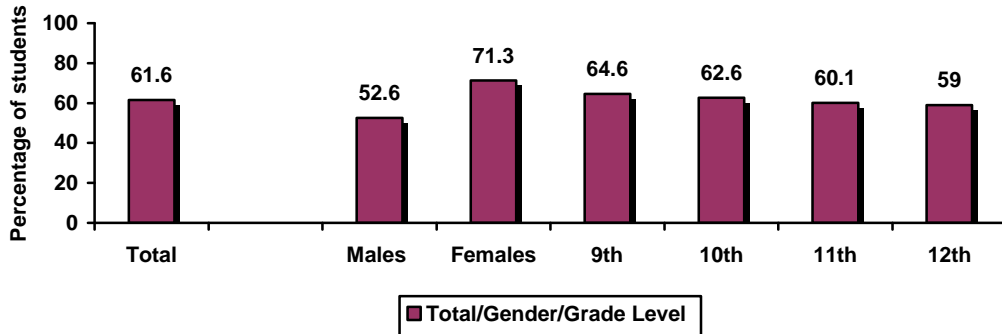
Statewide, 41.6% of students were trying to lose weight.



Obesity, Overweight and Weight Control

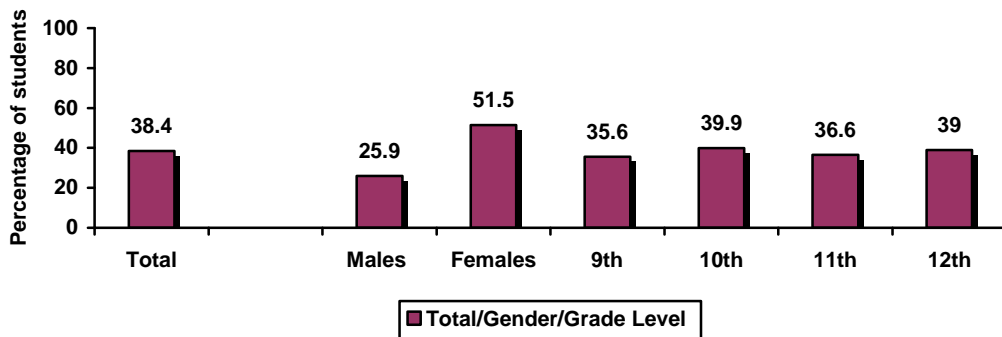
Exercised to Lose Weight or to Keep From Gaining Weight

Statewide, 61.6% of students had exercised to lose weight or to keep from gaining weight during the 30 days before the survey.



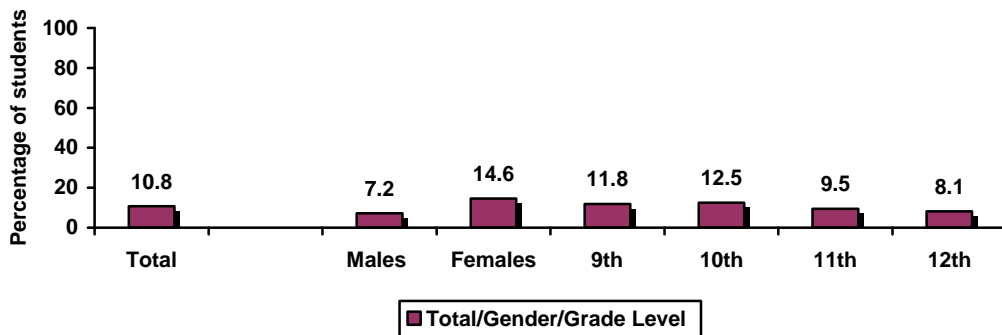
Ate Less Food, Fewer Calories, or Low-Fat Foods to Lose Weight or to Keep From Gaining Weight

During the 30 days before the survey, 38.4% of students statewide had eaten less food, fewer calories, or low-fat foods to lose weight or to keep from gaining weight.



Did Not Eat for 24 or More Hours to Lose Weight or to Keep From Gaining Weight

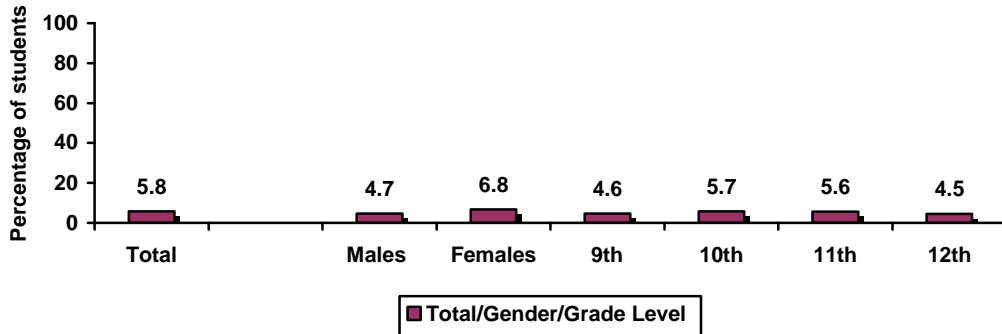
Statewide, 10.8% of students did not eat for 24 or more hours to lose weight or to keep from gaining weight during the 30 days before the survey.



Obesity, Overweight and Weight Control

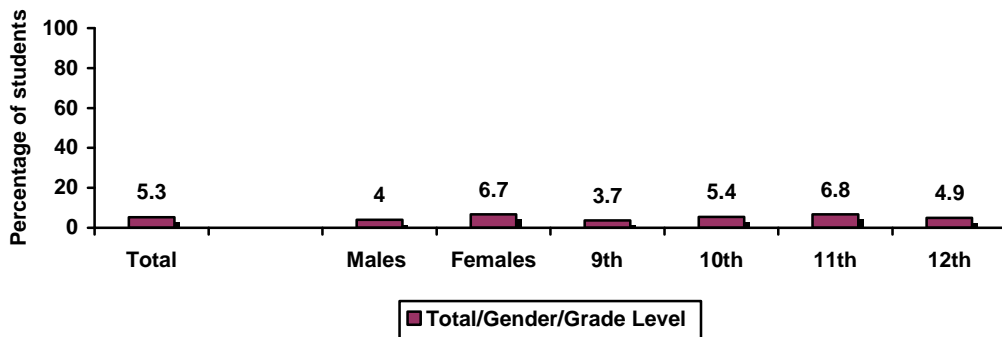
Took Diet Pills, Powders, or Liquids to Lose Weight or to Keep From Gaining Weight

During the 30 days before the survey, 5.8% of students statewide had taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight.



Vomited or Took Laxatives to Lose Weight or to Keep From Gaining Weight

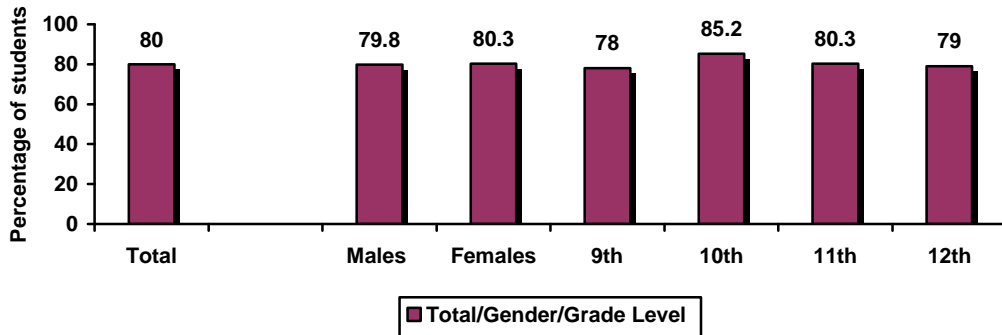
Statewide, 5.3% of students had vomited or taken laxatives to lose weight or to keep from gaining weight during the 30 days before the survey.



Dietary Behaviors

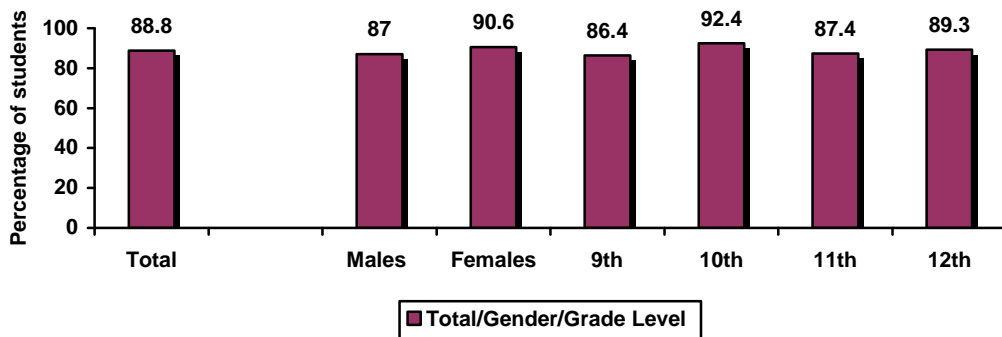
Drank 100% Fruit Juices

Statewide, 80.0% of students had drunk 100% fruit juices one or more times during the past seven days.



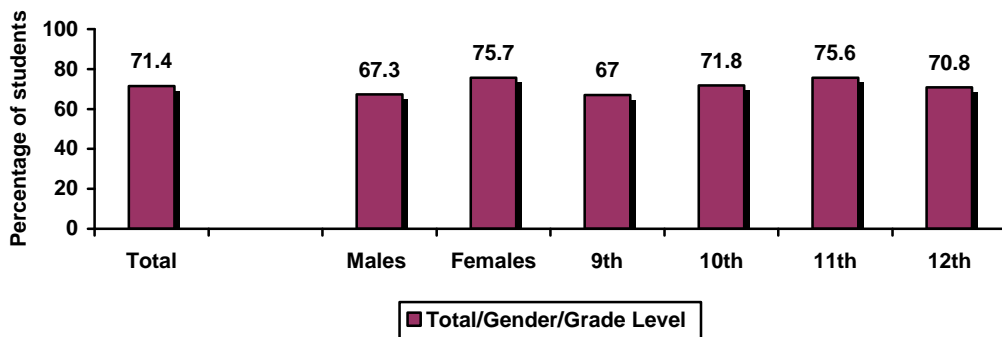
Ate Fruit

Statewide, 88.8% of students had eaten fruit one or more times during the past seven days.



Ate Green Salad

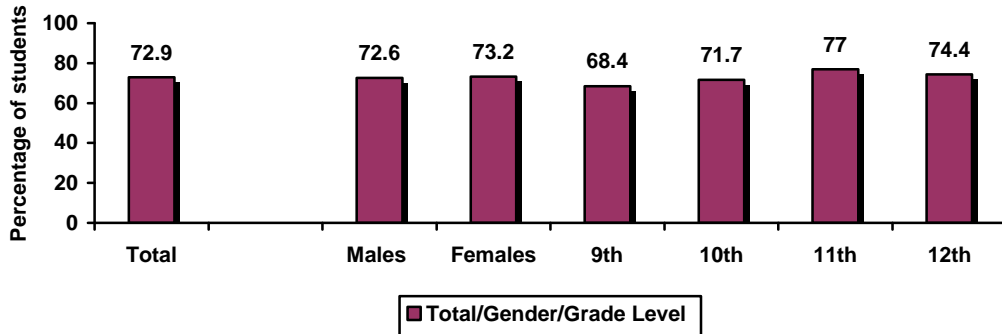
Statewide, 71.4% of students had eaten green salad one or more times during the past seven days.



Dietary Behaviors

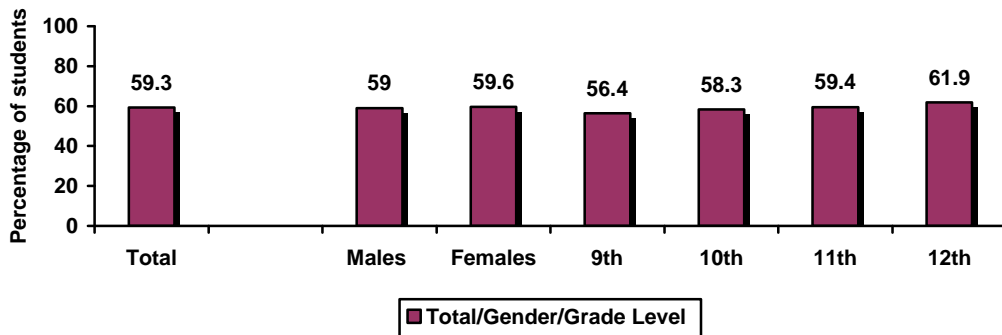
Ate Potatoes

Statewide, 72.9% of students had eaten potatoes (not including french fries, fried potatoes, or potato chips) one or more times during the past seven days.



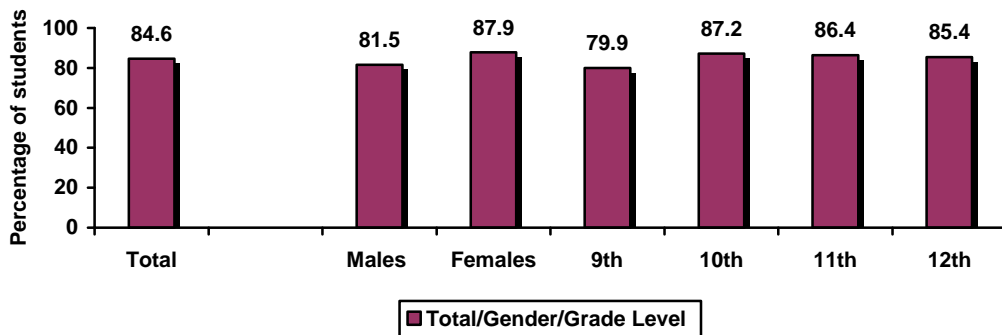
Ate Carrots

Statewide, 59.38% of students had eaten carrots one or more times during the past seven days.



Ate Other Vegetables

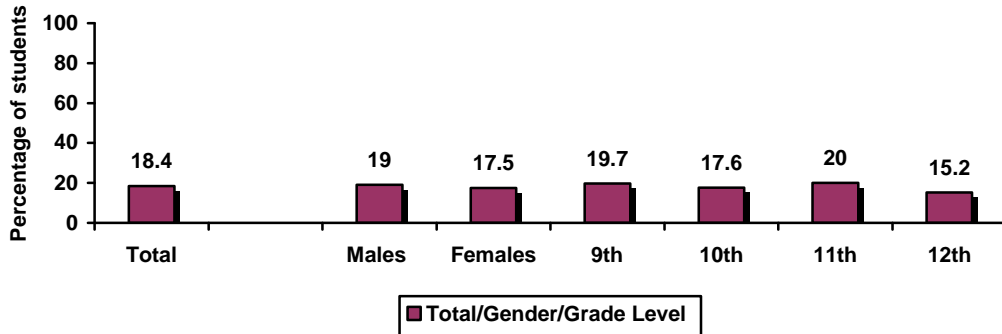
Statewide, 84.6% of students had eaten other vegetables (not including green salad, potatoes, or carrots) one or more times during the past seven days.



Dietary Behaviors

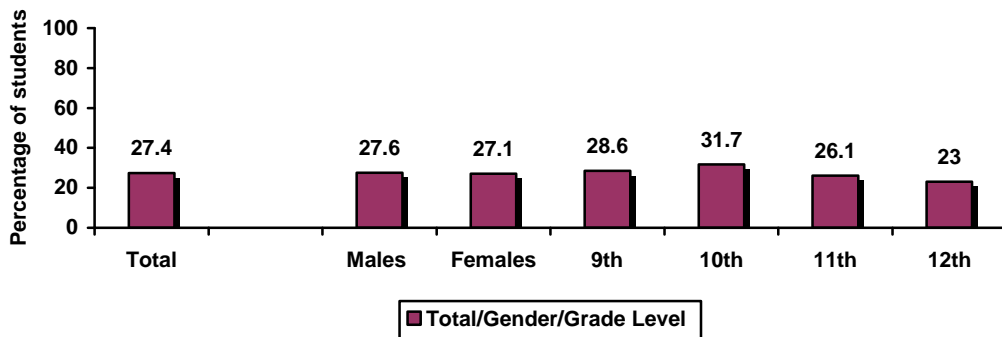
Ate Fruits and Vegetables Five or More Times per Day

Statewide, 18.4% of students had eaten fruits and vegetables five or more times per day during the 7 days before the survey.



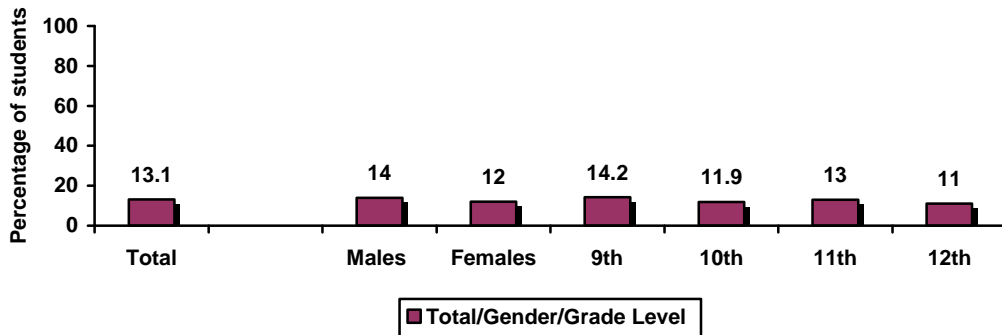
Ate Fruits Two or More Times per Day

Statewide, 27.4% of students had eaten fruit two or more times per day during the 7 days before the survey.



Ate Vegetables Three or More Times per Day

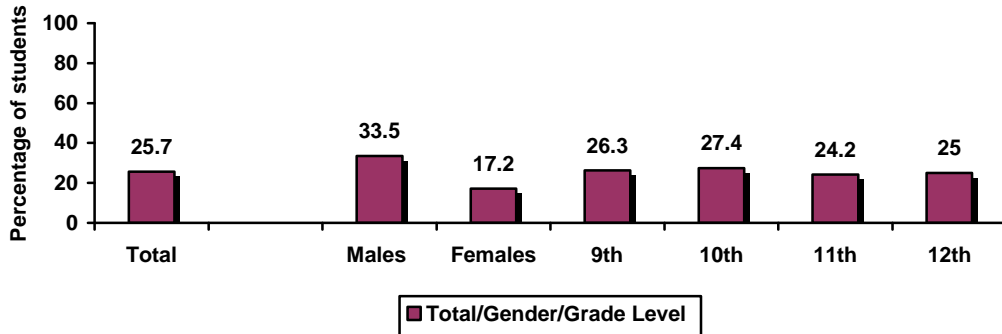
Statewide, 13.1% of students had eaten vegetables three or more times per day during the 7 days before the survey.



Dietary Behaviors

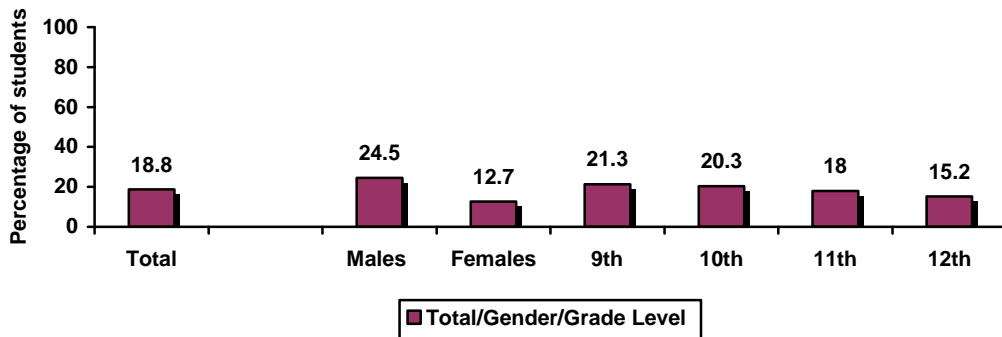
Drank Soda or Pop at Least One Time per Day

Statewide, 25.7% of students had drunk a can, bottle or glass of soda or pop (not including diet soda or diet pop) at least one time per day during the 7 days before the survey.



Drank Three or More Glasses of Milk per Day

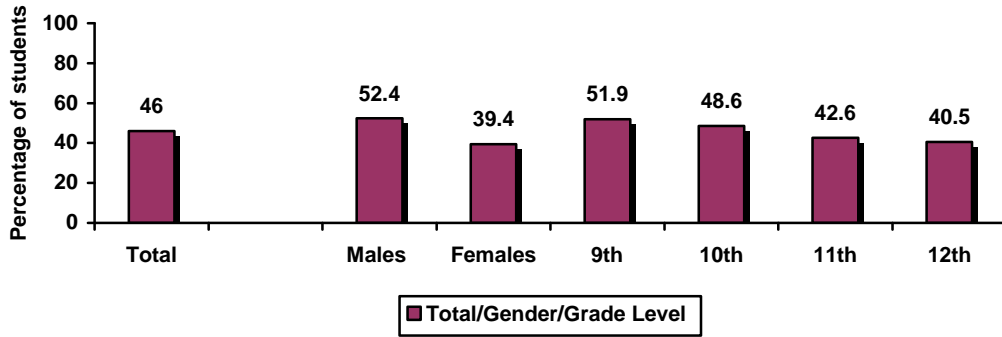
Statewide, 18.8% of students had drunk three or more glasses of milk per day during the 7 days before the survey.



Physical Activity

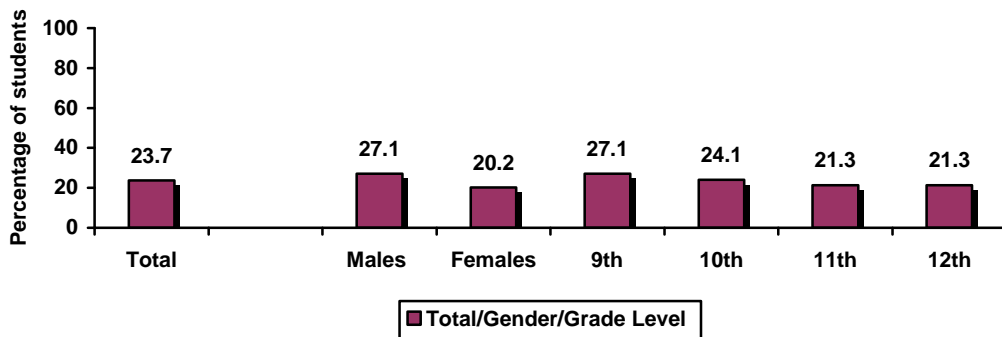
Met Recommended Levels of Physical Activity

Statewide, 46.0% of students had been physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes per day on 5 or more days during the 7 days before the survey.



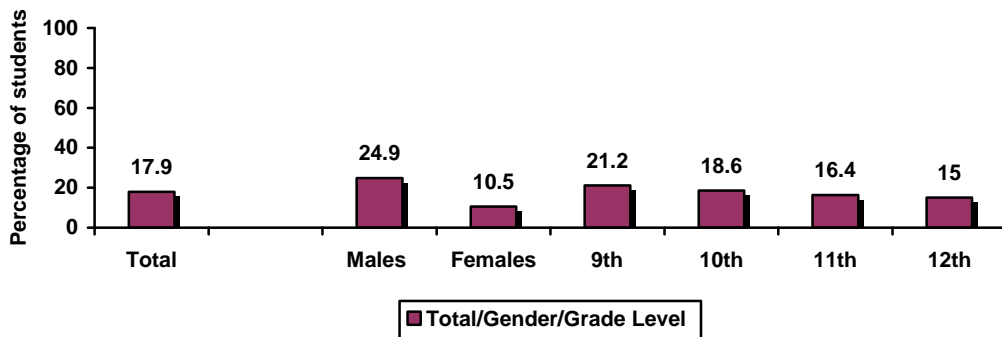
Watched Television 3 or More Hours per Day

Statewide, 23.7% of students watched television 3 or more hours per day on an average school day.



Used Computers 3 or More Hours per Day

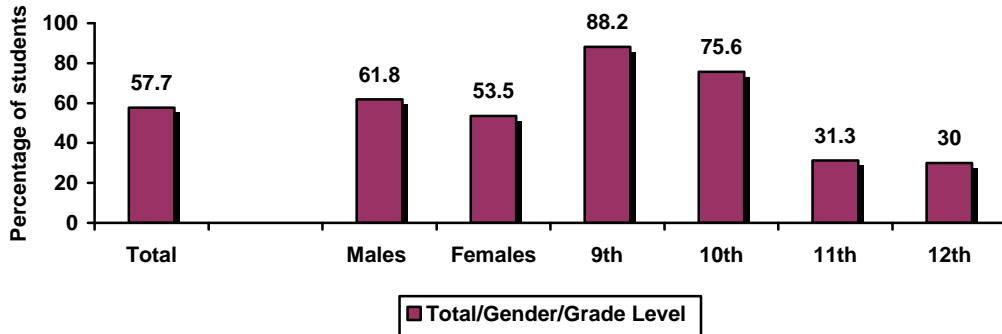
Statewide, 17.9% of students played video or computer games or used a computer for something that was not school work for 3 or more hours per day on an average school day.



Physical Activity

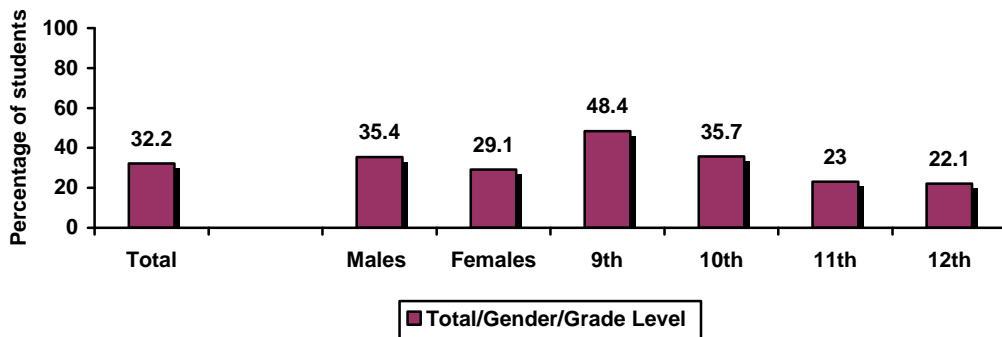
Attended Physical Education Classes

Statewide, 57.7% of students went to physical education (PE) classes on 1 or more days in an average week when they were in school.



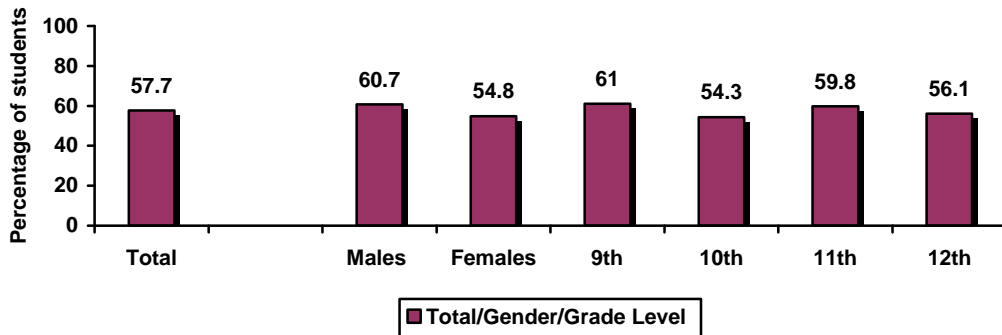
Attended Physical Education Classes Daily

Statewide, 32.2% of students went to PE classes 5 days in an average week when they were in school.



Played on at Least One Sports Team

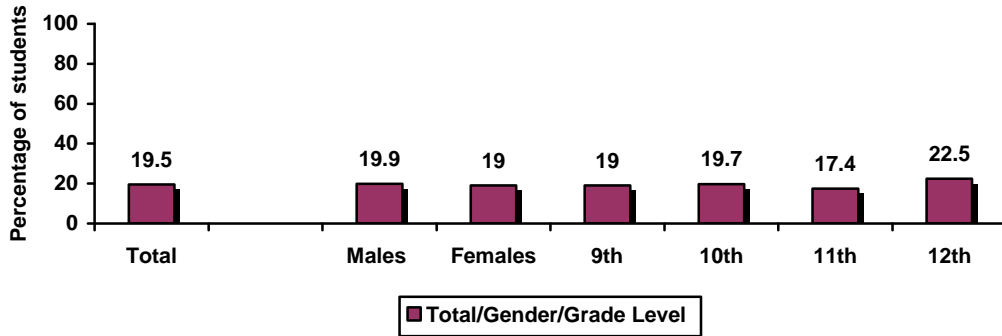
Statewide, 57.7% of students had played on at least one sports team (run by their school or community groups) during the 12 months before the survey.



Other Health-Related Topics

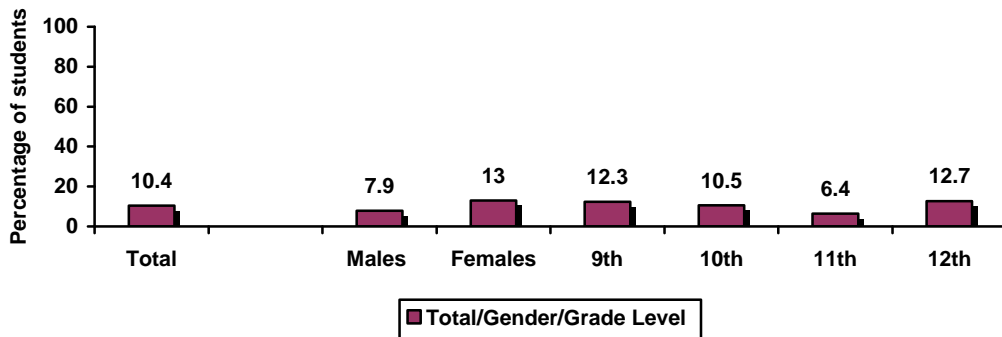
Lifetime Asthma

Statewide, 19.5% of students had ever been told by a doctor or nurse that they had asthma.



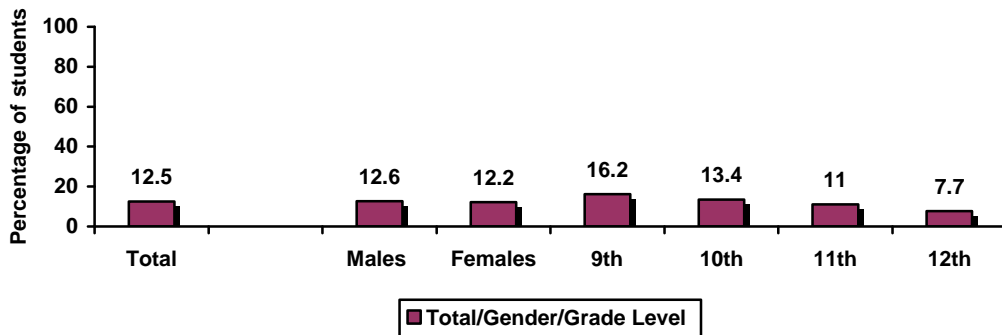
Current Asthma

Statewide, 10.4% of students had lifetime asthma and still had asthma.



Students with Special Needs

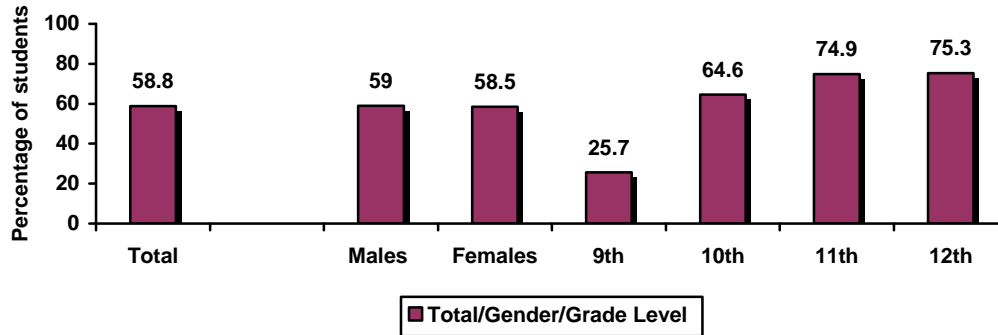
Statewide, 12.5% of students had received help from a resource teacher, speech therapist or other special education teacher at school during the 12 months before the survey.



Other Health-Related Topics

Drive and Completed Driver Education

Statewide, 58.8% of students drive with a valid license or permit and completed driver education (classroom and behind-the-wheel instruction).



2009
YOUTH RISK BEHAVIOR SURVEY
MONTANA HIGH SCHOOL



TREND REPORT
1993-2009

2009 Youth Risk Behavior Survey Results

Montana High School Survey

Trend Report (1993-2009)

The following trend report provides weighted data results from the years 1993-2009.

Question	Survey Year								
	1993	1995	1997	1999	2001	2003	2005	2007	2009
Injury and Violence									
Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet	94.5	92.0	87.5	86.8	85.1	83.4	82.3	83.8	82.7
Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else	30.0	31.9	32.0	23.1	19.8	17.8	13.9	14.2	13.1
Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol	45.9	48.1	46.6	43.1	39.3	36.9	34.4	32.9	28.8
Percentage of students who drove a car or other vehicle one or more times during the past 30 days when they had been drinking alcohol	24.1	27.4	26.7	22.7	21.8	20.4	18.5	16.0	13.5
Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days	25.6	22.6	23.8	20.3	21.4	19.4	21.4	22.1	23.0
Percentage of students who carried a gun on one or more of the past 30 days	12.3	9.4	9.8	8.6	9.0	8.7	9.0	7.8	9.2
Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days	13.7	12.4	12.4	9.2	8.7	7.2	10.2	9.7	7.9

2009 Youth Risk Behavior Survey Results

Montana High School Survey Trend Report

Question	Survey Year								
	1993	1995	1997	1999	2001	2003	2005	2007	2009
Injury and Violence									
Percentage of students who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school	2.5	2.8	4.4	3.0	5.5	3.4	4.2	4.2	5.2
Percentage of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months	6.7	6.3	7.1	6.5	8.5	7.1	8.0	7.0	7.4
Percentage of students who were in a physical fight one or more times during the past 12 months	41.9	34.5	32.2	32.1	31.6	28.6	30.5	32.8	31.7
Percentage of students who were in a physical fight one or more times during the past 12 months in which they were injured and had to be treated by a doctor or nurse	3.1	3.9	2.9	3.7	3.6	3.4	3.6	3.7	4.9
Percentage of students who were in a physical fight on school property one or more times during the past 12 months	17.2	14.4	13.6	12.7	12.2	10.3	10.9	12.0	10.8
Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months				10.5	10.3	11.7	10.9	10.6	9.6
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to					8.8	9.8	10.2	8.8	9.2

2009 Youth Risk Behavior Survey Results

Montana High School Survey Trend Report

Question	Survey Year								
	1993	1995	1997	1999	2001	2003	2005	2007	2009
Injury and Violence									
Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months				25.9	26.6	26.4	25.6	25.8	27.3
Percentage of students who seriously considered attempting suicide during the past 12 months	25.1	21.8	23.9	18.6	19.4	18.9	17.5	15.1	17.4
Percentage of students who made a plan about how they would attempt suicide during the past 12 months	20.8	19.2	18.7	15.6	16.3	14.8	14.6	13.2	13.4
Percentage of students who actually attempted suicide one or more times during the past 12 months	8.9	8.5	8.4	6.7	10.4	9.7	10.3	7.9	7.7
Percentage of students who made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse	3.1	2.8	2.4	2.5	3.7	3.0	3.1	2.7	2.8

2009 Youth Risk Behavior Survey Results

Montana High School Survey Trend Report

Question	Survey Year								
	1993	1995	1997	1999	2001	2003	2005	2007	2009
Tobacco Use									
Percentage of students who ever tried cigarette smoking, even one or two puffs	69.7	72.8	73.4	70.3	66.5	61.0	55.4	52.1	50.0
Percentage of students who smoked a whole cigarette for the first time before age 13 years	26.7	26.0	26.1	24.7	25.0	20.7	17.6	14.7	12.3
Percentage of students who smoked cigarettes on one or more of the past 30 days	30.7	34.8	38.1	35.0	28.5	22.9	20.1	20.0	18.7
Percentage of students who smoked cigarettes on 20 or more of the past 30 days	12.7	16.8	19.3	18.0	14.9	10.8	8.8	8.1	7.9
Among students who reported current cigarette use, the percentage who smoked more than 10 cigarettes per day on the days they smoked during the past 30 days	11.8	13.2	12.1	11.5	12.6	10.8	7.7	7.7	4.0
Among students who were less than 18 years of age and who reported current cigarette use, the percentage who usually got their own cigarettes by buying them in a store or gas station during the past 30 days					11.5	10.1	9.3	9.3	7.5
Percentage of students who smoked cigarettes on school property on one or more of the past 30 days	11.9	15.4	15.3	14.0	10.4	7.7	7.0	6.2	5.4

2009 Youth Risk Behavior Survey Results

Montana High School Survey Trend Report

Question	Survey Year								
	1993	1995	1997	1999	2001	2003	2005	2007	2009
Tobacco Use									
Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days					23.2	17.3	15.2	12.9	13.5
Among students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months					65.6	60.9	60.4	55.0	54.6
Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days		22.8	21.0	18.2	15.7	13.2	14.8	12.9	14.6
Percentage of students who used chewing tobacco, snuff, or dip on school property on one or more of the past 30 days		15.2	13.3	9.7	9.3	7.7	8.2	7.3	8.8
Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days				20.4	14.8	14.1	17.6	15.5	17.8
Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days				45.0	37.7	30.9	31.4	30.0	31.3

2009 Youth Risk Behavior Survey Results

Montana High School Survey Trend Report

Question	Survey Year								
	1993	1995	1997	1999	2001	2003	2005	2007	2009
Alcohol and Other Drug Use									
Percentage of students who had at least one drink of alcohol on one or more days during their life	83.2	84.0	84.3	86.1	82.9	81.1	77.8	77.8	75.7
Percentage of students who had their first drink of alcohol other than a few sips before age 13 years	40.0	39.3	38.8	33.4	35.1	30.4	27.8	25.9	24.0
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days	55.7	58.2	59.0	57.6	54.1	49.5	48.6	46.5	42.8
Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours on one or more of the past 30 days	41.4	43.1	44.1	43.6	41.4	37.3	34.4	32.7	30.1
Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days								38.9	37.9
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days	8.8	9.8	8.4	7.2	6.9	6.7	6.4	5.7	5.1
Percentage of students who used marijuana one or more times during their life	26.8	35.0	45.1	45.0	46.7	43.9	41.7	39.1	42.2

2009 Youth Risk Behavior Survey Results

Montana High School Survey Trend Report

Question	Survey Year								
	1993	1995	1997	1999	2001	2003	2005	2007	2009
Alcohol and Other Drug Use									
Percentage of students who used marijuana for the first time before age 13 years	7.6	6.9	9.7	11.8	12.3	11.0	11.2	9.5	9.7
Percentage of students who used marijuana one or more times during the past 30 days	13.6	20.1	26.9	25.5	27.1	23.1	22.3	21.0	23.1
Percentage of students who used marijuana on school property one or more times during the past 30 days	5.1	6.3	8.9	7.5	7.7	6.4	6.1	5.0	5.8
Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life	5.1	6.1	9.6	9.8	9.4	8.7	9.5	8.3	7.2
Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during the past 30 days	2.2	2.8	4.1	4.0	4.0	3.8	4.0	2.9	2.8
Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life		20.9	20.8	16.5	15.0	13.8	15.4	16.2	14.2
Percentage of students who used heroin one or more times during their life				2.8	4.0	3.2	3.6	2.5	3.0

2009 Youth Risk Behavior Survey Results

Montana High School Survey Trend Report

Question	Survey Year								
	1993	1995	1997	1999	2001	2003	2005	2007	2009
Alcohol and Other Drug Use									
Percentage of students who used methamphetamines one or more times during their life				13.5	12.6	9.3	8.3	4.6	3.1
Percentage of students who used ecstasy one or more times during their life						6.1	6.3	6.0	7.3
Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life	4.1	3.7	4.2	4.1	5.3	4.7	4.4	2.8	3.9
Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life		2.5	2.8	2.4	2.7	2.6	3.6	2.0	3.7
Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months	22.0	29.6	34.6	30.0	29.5	26.9	25.3	24.9	20.7

2009 Youth Risk Behavior Survey Results

Montana High School Survey Trend Report

Question	Survey Year								
	1993	1995	1997	1999	2001	2003	2005	2007	2009
Sexual Behaviors									
Percentage of students who ever had sexual intercourse	51.0	47.0	45.9	42.5	43.9	43.6	43.6	45.7	47.6
Percentage of students who had sexual intercourse for the first time before age 13 years	8.5	6.3	6.5	5.3	5.3	5.9	5.1	5.1	5.7
Percentage of students who had sexual intercourse with four or more people during their life	17.9	15.4	15.5	12.1	13.8	14.0	13.1	13.7	16.0
Percentage of students who had sexual intercourse with one or more people during the past three months	33.7	32.2	31.5	29.2	30.7	29.9	31.2	31.2	32.2
Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse	34.7	30.2	30.4	34.5	32.0	33.7	29.4	26.0	25.7
Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse	51.5	53.9	48.6	56.6	57.5	59.6	61.3	63.3	67.5
Among students who had sexual intercourse during the past three months, the percentage who used birth control pills to prevent pregnancy before last sexual intercourse	20.6	19.5	21.6	20.1	23.1	24.1	23.8	23.4	27.4

2009 Youth Risk Behavior Survey Results

Montana High School Survey Trend Report

Question	Survey Year								
	1993	1995	1997	1999	2001	2003	2005	2007	2009
Sexual Behaviors									
Percentage of students who had ever been taught in school about AIDS or HIV infection	91.6	91.1	93.2	91.2	90.2	88.1	90.0	89.7	86.5

2009 Youth Risk Behavior Survey Results

Montana High School Survey Trend Report

Question	Survey Year								
	1993	1995	1997	1999	2001	2003	2005	2007	2009
Weight Management and Dietary Behaviors									
Percentage of students who were overweight (i.e., at or above the 85 th percentile but below the 95 th percentile for body mass index, by age and sex)				10.8	11.3	11.6	12.8	13.3	11.9
Percentage of students who were obese (i.e., at or above the 95 th percentile for body mass index, by age and sex)				6.0	6.1	8.1	9.3	10.1	10.4
Percentage of students who described themselves as slightly or very overweight	34.7	29.2	28.2	30.2	30.1	30.8	31.7	29.1	28.9
Percentage of students who were trying to lose weight	41.6	41.5	41.7	40.2	42.0	41.6	42.6	43.6	41.6
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days		53.5	53.2	58.0	60.1	60.2	59.7	61.4	61.6
Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days				39.1	39.3	39.5	39.6	38.8	38.4
Percentage of students who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days				10.8	13.9	11.6	12.1	12.0	10.8

2009 Youth Risk Behavior Survey Results

Montana High School Survey Trend Report

Question	Survey Year								
	1993	1995	1997	1999	2001	2003	2005	2007	2009
Weight Management and Dietary Behaviors									
Percentage of students who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days				7.2	7.2	6.7	5.9	6.3	5.8
Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days		5.6	6.9	4.8	5.4	6.0	6.3	5.6	5.3
Percentage of students who drank 100% fruit juices one or more times during the past seven days				85.1	83.4	81.7	81.3	82.2	80.0
Percentage of students who ate fruit one or more times during the past seven days				89.1	88.1	87.8	87.3	88.9	88.8
Percentage of students who ate green salad one or more times during the past seven days				76.2	74.8	72.3	71.9	70.4	71.4
Percentage of students who ate potatoes one or more times during the past seven days				80.0	78.5	77.1	73.1	73.8	72.9
Percentage of students who ate carrots one or more times during the past seven days				59.8	60.3	58.5	57.5	57.3	59.3

2009 Youth Risk Behavior Survey Results

Montana High School Survey Trend Report

Question	Survey Year								
	1993	1995	1997	1999	2001	2003	2005	2007	2009
Weight Management and Dietary Behaviors									
Percentage of students who ate other vegetables one or more times during the past seven days				87.5	87.3	85.2	84.7	85.0	84.6
Percentage of students who ate fruits and vegetables five or more times per day during the past seven days				19.5	19.4	16.7	17.0	17.1	18.4
Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days								26.2	25.7
Percentage of students who drank three or more glasses per day of milk during the past seven days				27.1	25.5	22.5	21.5	18.7	18.8

2009 Youth Risk Behavior Survey Results

Montana High School Survey Trend Report

Question	Survey Year								
	1993	1995	1997	1999	2001	2003	2005	2007	2009
Physical Activity									
Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days							31.2	44.9	46.0
Percentage of students who watched three or more hours per day of TV on an average school day				24.4	23.5	25.3	26.3	22.2	23.7
Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day								16.2	17.9
Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school	53.5	53.1	53.6	53.6	52.3	55.7	58.1	53.8	57.7
Percentage of students who attended physical education (PE) classes daily in an average week when they were in school	38.3	34.3	32.7	35.8	31.3	32.6	34.0	32.8	32.2
Percentage of students who played on one or more sports teams during the past 12 months				64.4	60.1	60.5	61.7	59.6	57.7

2009 Youth Risk Behavior Survey Results

Montana High School Survey Trend Report

Question	Survey Year									
	1993	1995	1997	1999	2001	2003	2005	2007	2009	
Other										
Percentage of students who had ever been told by a doctor or nurse that they had asthma							18.9	20.9	19.5	
Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma								11.1	10.4	

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